

News

Final exam and
paper writing
survival guide · 5

Opinion

Alberta video game
industry deserves
tax credits · 8

Sports

U of A Ski Club brings
fun loving atmosphere
to campus · 18

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THE gateway

December 2nd, 2015 • Issue No.18 • Volume 106 GTWY.CA

Sandwiches reign supreme at Farrow · 15



FANTASIZING ABOUT SPORTS

THE ECONOMICS AND DEMOGRAPHICS
OF FANTASY SPORTS

FEATURE · 12

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colophon

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Meeting UAlberta

Jillian Ames

HUMAN GEOGRAPHY V

Gateway: What's the most unprepared you've been for a test?

Ames: STAT 141. I was in it last semester and I just gave up. I'm going to fail. I'm going to switch to creative writing as my minor and give up on psychology. So I had submitted to that fate, I had went over the material, but my anxiety was so high, so I was like you know what, I just don't care. There's no point in stressing, people fail sometimes. I got 49.1 per cent which was apparently rounded up to a D.

Gateway: What's the most prepared you've been for a test?

Ames: Having done all the readings and having a good prof that has slides that are easy to study from. You need to be prepared over the course of the semester and know your shit.

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SECTION	MEETING TIMES	ROOM 3-04 SUB
NEWS	Mondays at 3 p.m.	
SPORTS	Wednesdays at 3 p.m.	
OPINION	Wednesdays at 2 p.m.	
ARTS & CULTURE	Wednesdays at 4 p.m.	
PHOTOGRAPHY	Mondays at 2 p.m.	
MULTIMEDIA	Mondays at 4 p.m.	
COMICS & ILLUSTRATIONS	Fridays at 2 p.m.	





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News

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‘Snunkoople’: science proves why this word is funny

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHH

Probble, quingel, and himumma; none of these words mean anything and they can’t be found in a dictionary, but something about them is funny. Or at least, they should be, according to a new study.

Chris Westbury, professor and psycholinguistics researcher in the University of Alberta’s Department of Psychology, conducted a study examining whether the humour of made-up words was predictable.

Westbury said the study, which was published in the *Journal of Memory and Language*, was inspired from working with aphasic patients, who have language deficits following brain damage. While testing their ability to differentiate real words from computer-generated non-words, Westbury saw something significant.

“We saw that the people would sometimes laugh at our non-words,” Westbury said. “One of the words was ‘snunkoople,’ and it stuck with me because there’s something funny about it.”

From there, Westbury and other researchers attempted to find a connection between computer-generated non-words and humour. After another experiment proved that subjects were consistent in terms of their relative humour ratings for non-words, Westbury sought a way to predict this phenomenon.

Inspiration for the theory, however, came from an unexpected place. *The World as Will and Representation*,

an 1818 work by noted pessimistic philosopher Arthur Schopenhauer, contained a promising idea about humor.

Schopenhauer’s theory essentially stated that humor was a violation of expectation; the greater the violation, the funnier the joke. It was this linear relationship described in the theory that Westbury set out to investigate.

Quantifying humour had been attempted in the past, but the format of jokes left so many outcomes available, they were impossible to quantify. Words, on the other hand, can have their relative weirdness measured via Shannon entropy, or how abnormal their letters are.

Non-words that were low on Shannon entropy were usually perceived as funnier, and higher

entropy words tended to be thought of as more serious. Westbury’s second experiment examined how consistent people were at making this choice.

“We had people choose which of two non-words were funnier to them, and manipulated how far apart they were in entropy,” Westbury said. “The idea being that the further the distance, the easier the

decision.”

From all the experiments, the study concluded that not only was there a relationship between Shannon entropy and humour, but also that the relationship was linear and predictable. Though further studies in joke humour get immensely more complex, Westbury said that a slight tweak in linguistic methodology could draw new results out of the established method.

“(The experiment) was just a probability calculation for the letters,” Westbury said. “But it means you could see two different non-words with the same entropy. Pushing the idea would involve seeing what other probabilities are being violated that we could control, and that would lead to building funny non-words.”

This research would have immediate implications in fields such as product naming, where entropy could be calculated and related directly to the intended use. Westbury said that when naming more serious products, a word low in entropy might not be the best choice.

Westbury said his findings have implications when it comes to how people think about emotion. Being able to predict emotional reactions to humour with probability models is a significant discovery.

“The idea that we’re doing probability calculations by emotion is really cool,” Westbury said. “It suggests emotion is a way of doing math, but you don’t have to do a calculation; the answer is delivered emotionally.”



PROBBLE & QUINGEL Math proves why these words are perceived as funny, even for aphasic patients.

ILLUSTRATION BY ADAIRE BEATTY

Workhouse woes: Victorian studies of a self-proclaimed ‘newspaper nerd’

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

Jillian Richardson loves leafing — or clicking — through tabloids, pamphlets, local newspapers, national newspapers. As long as they’re from 1800s London.

Richardson is a PhD student and “archive junkie” in the Department of English and Film studies who has been focusing on historical undercover journalism. Her research seeks to expose these writings and answer questions such as what gave writers and publications authority, how Victorian undercover reporting changed over time and what role gender played for writers.

The trend of going undercover in the media was invented in the 19th century England by the middle-class writer names James Greenwood, who dressed up as a working class man and spent a night among the poor in a workhouse. Other undercover writers continued the practice, disguising themselves as homeless or poor and then publishing their experiences.

Studying archives comes with difficulties. Not all Victorian newspapers are digitized, especially if they were less popular. Archives also require a lot of browsing which is time-intensive.

But Richardson’s research has been “a lot of fun,” she said.

“(As a PhD student) you have to find your own way to love something, which for me has been for seven years,” Richardson said.

Richardson’s love has been following how Victorian reporting engaged with popular readership, which differed in subtle ways depending on the audience. Pricing, illustration and headlines are among the factors that shape the meanings of an article or an undercover report. These were used to inform readers of social issues and entertain, but they also took a position, she said.

“(As a PhD student), you have to find your own way to love something, which for me has been for seven years.”

JILLIAN RICHARDSON
PHD STUDENT, DEPARTMENT OF ENGLISH AND FILM STUDIES

“Certainly you want to think of the newspaper as a creative thing,” she said. “But it’s also a commodity thing. You’re trying to sell an audience a certain position or view in a different way than literature.”

Right now, no one else is working on undercover reporting in Victorian journalism. Richardson finds plenty of old articles that would

have remained undiscovered if it weren’t for her browsing — exposing what was important to a group of people in history is what makes her research important, she said.

“(My thesis) is challenging to write, but I keep thinking, ‘If I don’t do this, then no one is ever going to see it,’” Richardson said.

Researching in the archives can start to feel isolating, especially in the later years of the degree when there are very few others who are familiar with your field. But engaging with students while teaching first-year English courses helps balance out the solitary part of academia, Richardson said.

Richardson has been working on her PhD in Edmonton for over seven years while being employed as a historical researcher at the Royal Alberta Museum for the past two years. Her future plans include staying in at the university to teach under contract and continue her work at the museum. Contract work comes with the advantage of flexibility to work on different things at once, she said.

Richardson loves her work, and she loves the archives. So far, the biggest thing they’ve taught her is the resemblance to contemporary times, she said.

“We’re not that different (from Victorian people),” she said. “And yet, we’re different.”



UNDERCOVER UNDERGRADUATE Jillian Richardson is an “archive junkie.”

JAMIE SARKONAK

Well great, you have stress acne: your zit-zapping guide

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

If there's one thing that's more disastrous than a red, torturous zit on your face, it's getting one during final exams.

Students will get stressed during finals week, it's inevitable, and with that comes bouts with stress acne. There are a million myths and remedies on the Internet and folklore on how to prevent and treat pimples, so *The Gateway* caught up with zit-zapping dermatologist Jaggi Rao on how to annihilate acne.

Does stress actually cause acne?

When students are stressed, there are stress hormones, such as adrenaline and epinephrine, that can promote stress acne when their levels are in fluctuation. For men, testosterone tends to increase with stress, which can lead to accelerated beard growth and cause your skin to oil up. For women, progesterone causes excess oil production as well. The oil build-up causes increased bacterial growth, as bacteria digests the triglycerides in the oil, which causes pimples.

Rao added that indirect stress can cause acne as well.

"Indirect stress — when you're stressed out and not focused on your hygiene and proper washing and moisturizing — can promote acne."

Is there anything students can do to prevent stress acne?

It's important not to overlook daily hygiene during finals period, Rao said. He recommends washing your face two or three times daily, even with just water, to prevent oil residue from collecting on the skin. "If you can reduce that from accumulating, you'll reduce your acne," Rao said.

It's also essential to moisturize the skin.

"The drier your skin is, especially during the winter, the more it promotes oil production," Rao said. "You can fool the body by putting some moisturizer on the skin."

As for the assortment of face wash and cleansers in drugstore aisles, Rao said it's preference and depends on what your body can tolerate. He doesn't use one himself — just water.

So you get the stress acne (it's OK, everyone does). What do you do now?

There's several over-the-counter fixes Rao recommends. Anything with Benzyl-Peroxide will act as an anti-bacterial agent and cause the skin to dry out, preventing excess oil build-up. A physician or dermatologist should also be able to prescribe some at a lower cost.

If you're in a hurry and need a true quick-fix, your doctor or dermatologist

should have an injectable cortisone shot on hand to cause swelling and redness to go down in a pinch. They also may be able to treat your skin with liquid nitrogen, as cold temperatures can cause those pimples to "melt away," Rao said. Some ice cubes over the affected area could work as a temporary solution with fairly similar results.

What about every impatient teenagers favourite past-time: popping it?

Those with darker or sensitive skin should refrain from popping those nasty pimples, as it could easily lead to scarring.

"Sometimes it can make a small pimple look even worse," Rao said. "Typically a pimple contains lots of oil, if it leans the wrong way or goes too deep, it will cause more bacterial build-up and scarring."

"There's a lot of topical medication that will do it microscopically and continuously rather than popping your skin."

OK, but people are going to pop anyways. Is there a "proper" way to do it?

Rao will never recommend popping a zit, but for smaller whiteheads or pustules, slight pressure should cause the pimple to de-roof and exude some of the gunk inside of it. If you don't feel confident doing it yourself, a dermatologist should be able to do it for you.



ANNIHILATE ACNE Everyone gets acne, but is the remedy above the solution? SUPPLIED

"Sometimes we do pop pimples, just to alleviate pressure and prevent pressure build-up," Rao said. "Some people go in there themselves and gouge it out. It's not necessary, as pressure will be alleviated at the weakest point."

Students eat like crap during finals. Does that have anything to do with it?

Refined sugars, including pop and chocolate, can cause outbreaks of acne, Rao said. Also, anything that is hormone-saturated, such as milk, can promote acne. Energy drinks when

students pull all-nighters, which contain high saturated sugars, are also acne-causing sources. Many recommend drinking plenty of water, and while it may prevent someone from consuming sugary drinks, water itself doesn't directly affect acne growth or prevention, Rao said.

"The most important thing is skin fitness," he said. "If you have good skin fitness throughout the year, you don't have to worry about (stress acne) as much. Your skin will take care of itself. Bottom line: don't forget about your skin. Have a good plan or regimen. See a dermatologist."

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Final Exam & Paper Guide



PROCRASTINATING? NO PROBLEM Students at the Long Night Against Procrastination learned how to procrastinate properly.

JOSEPH NGUYEN

So you waited until the last possible minute to start writing — it happens

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

Term paper deadlines are fast approaching, and if you haven't planned out your last work for the semester you might be forcing yourself to write an essay in a day (or worse, overnight.) There are ways to make the most of your limited time, even if the situation feels dire.

Sometimes, the most difficulty in writing comes with starting. The hazard situation can look like this: you sit down at 7 p.m. with the intention of writing all night, and by midnight you're scrolling deep into Tumblr with a perpetually blank Word document.

The best way to start something, even if you're feeling writer's block to an extent, is to write nonstop for 90 minutes, Betsy Sargent, a professor in the Department of English and Film Studies, says.

"Putting in 90 minutes of guided non-stop writing will result in a mess, of course, but at least they'll have something on the page when they're done," Sargent, who teaches on the theory and practice of writing, says. "They should then read through what they've written, highlight the passages that have potential, and build on those for creating

a draft in a slower, more deliberate way."

Sargent, who served as co-chair of the University of Alberta Writing Task Force from 2005 to 2007 and then became Director of Writing Initiatives and Acting Director of Writing Studies, recommends two main strategies when it comes to writing.

Peter Elbow's Loop Writing Process

This process involves reflecting on your subject and the data you're working with. Then take the ideas, which are likely not yet well-developed enough to write a paper on, and write about them in a way that will get you thinking. This can be done in a couple ways.

1. Dialogues can be written between you explaining the topic to other students, or you talking to an author who has already published on the subject.

2. Narrative thinking can be a way to streamline any information or confusion you have about the subject. Write a little story about your thinking.

Adapted from: Elbow, P. (1998). Writing with power: Techniques for

mastering the writing process (2nd ed.). New York: Oxford University Press.

Perl's Composing Guidelines

Consider these guidelines as an exercise to get ideas flowing, not to create your final work. This method focuses a lot on what you're feeling and what your gut is telling you to do. When you're at it, don't stop while you're writing, even if you don't feel that you're getting anywhere. Take short breaks and think about what this is all about. The idea with the following exercise is to find any ideas that haven't surfaced yet.

1. Get comfortable and relax so that you can be aware of what you're thinking and feeling inside.

2. Jot down any distractions going on inside your head that may impede your writing.

3. Now, jot down any thoughts that you know about and want to write about — this can be one thing or a list. It can also be "nothing." Just write it down.

4. Now that you have a list, think about any ideas you may have left out, in case you've overlooked something. Add them to your list.

5. Look over what list or concepts you've written down and think

about what part you can begin to write about. Even if you're not sure where it will go, write the word at the top of a new page.

6. Take a deep breath and think about what associations you know about the topic. You can write down these associations however works for you: a list, a freewriting stream and notes to yourself all work.

7. After writing associations down, set aside everything you've done. Get a fresh look at the topic, think of it as a whole and ask yourself, "What makes this interesting? What about this topic is important that I haven't stated yet?" Write down whatever word, phrase or image comes to you as an answer.

8. Think about what made that word, phrase or image and describe the feeling that made it stand out to you. Try to understand what made you feel like you were on the right track.

9. If you're stuck, try to find the word, phrase or image that is making you feel that way. Write that down.

10. When you start to slow down in your writing, think about what is missing and write it down. Then think about where your ideas are leading and what point you're trying to make and write that down.

11. When you feel yourself nearing completion, question whether you feel you're truly done. Focus on your gut reaction and write down whatever comes to mind. If you don't feel complete, think about what you're missing and keep writing it down.

After 90 minutes: Once you've been writing for 90 minutes straight using either of the listed methods, or your own personal method, stop. You'll have a mess of words on the page but that's okay — it was just to get the thoughts flowing.

Read through what you've written and highlight passages that have potential. Use those to build a more structured draft.

Adapting these methods to your own personal academic situation will help you make the most of them. When it comes to actually writing papers, each professor will have different expectations in terms of structure and content. Knowing what to expect will help you as you near the final product.

Adapted from: The Focusing Institute, Sondra Perl's Composing Guidelines.

With files from Richard Catangay-Liew

Final exam studying tips, tricks from the U of A's Student Success Centre

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

In Mebbie Bell's first year of her undergrad, she woke up to a disaster situation on the morning of her anthropology final. A night of cramming led to Bell sleeping in to the exam's start time. Panicked, she called and explained the situation to her TA, who graciously gave her 15 minutes to get there. Bell, in her pyjamas, made it in time by running across campus to the exam.

Years later, the Director of the Student Success Centre is giving advice to help others in preventing (or in coping with) similar mishaps during finals.

Strategic studying

Concept maps are especially helpful for retaining information because they link information items together in the brain and they have a greater ability to resist stress.

Strategic studying also includes a lot of self-testing, which can mean attempting to draw a concept map from memory or simply going over those flashcards. For English, this can mean drawing a flowchart of events in a play.

General cognitive strategies are the same for everyone, but they need to be adapted across different fields and exam types

Test anxiety

Test anxiety really exists on a spectrum and everyone deals with it to a certain extent. Prepare for what typically affects you. Come up with something to tell yourself when panic moments happen, like "Take one question at a time."

Come back to the problem later if you need to — if you finish the exam and return, your stress will have gone down a little because at least the majority of the test is done.

You'll be able to think clearer, and hopefully recall something that will help you answer.

Rewards

You need to strategically choose not to study as well. End your studying day with a de-stressing activity, like watching Netflix or hanging out with friends. Seriously, save the Netflix for the end of the day and save yourself from falling into a six-hour binge.

It's important to have the evenings to unwind instead of cram, which can unsettle your sleep schedule.

Know the difference between reward and celebration, and save celebration until after the tests are all done.

Biggest Mistakes

Cramming: Studying one thing for a long period of time becomes less and less efficient as the evening goes on. Taking a five-minute break every 30 minutes can prevent the words on the page you're studying from blurring together and will make your studying more efficient.

Lack of sleep: Findings across hundreds of studies have been extremely consistent. Changes in routine are interpreted by the brain as a crisis, which reacts immediately by producing stress hormones.

View a full version of this study guide at gtwy.ca



ALUMNI ASKED & ANSWERED WITH Kit Pearson, '69 BA

Kathleen Margaret Pearson is a Canadian writer and winner of numerous literature awards. She is perhaps best known for her linked novels *The Sky Is Falling* (1989), *Looking at the Moon* (1991) and *The Lights Go On Again* (1993), as well as *Awake and Dreaming* (1996), which won the Governor General's Award.

Current Occupation: Writer of children's novels

What do you miss most about being a U of A student? Being that young!

Favourite campus memory? Having avid discussions with my friends about all the changes that were happening in society. We were going to start a revolution! And listening to Leonard Cohen read his poetry one lunch hour.

What's the one piece of advice you'd give a current U of A student? Don't get hung up on grades and studying — relax and have a good time! This is the only time in your life when you'll have this much freedom.

Best procrastination activity? Coffee, coffee and more coffee . . .

Favourite course/professor? English 91 (Modern British Literature) with Richard Weaver

Favourite secret makeout/study spot? The carrells that used to be in Rutherford Library — you could close the door completely on them.

What impact has the U of A had on your life? My third year, when the '60s finally hit U of A, changed my life! Everything seemed to be happening at once: student protests, sex and drugs and rock and roll, encounter groups, women's liberation, Eastern philosophy . . . it was an exhilarating time to be there.

Is your current job the one you thought you'd have when you were a student? I had secret ambitions to write but didn't tell anyone.

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UBC responds to mishandled sexual assault, HR complaint

Emma Partridge
THE UBYSSY • UNIVERSITY OF BRITISH COLUMBIA

National University Wire — In an already-controversy laden year, all eyes are on the University of British Columbia as CBC releases their full investigation into the way the administration handled multiple instances of sexual misconduct by the same PhD student, Dmitry Mordvinov.

In the wake of the CBC's reporting, interim UBC President Martha Piper issued an apology to the women who Mordvinov assaulted. Piper noted that she appreciates "the light the women have shone on this issue, and I want to make a pledge. We will begin a discussion with our students, faculty and staff on a separate sexual assault policy."

Despite Piper's statement, Glynis Kirchmeier — one of the women who made a report to UBC regarding the inappropriate behaviour directed at her by Mordvinov — announced in a press conference on Sunday that she would be filing a complaint with the BC Human Rights Tribunal against the university, for their handling of the reported incident.

According to Kirchmeier, she brought concerns about Mordvinov to the history department in January of 2014 for behaviours she had witnessed as far back as 2011.

However, Mordvinov was only expelled last week.

"UBC has a legal duty to provide a harassment-free environment. The Supreme Court of Canada has stated that there's a legal duty to warn potential victims, and UBC has a legal duty to report their knowledge to the police," Kirchmeier said at the press conference. "In my well-documented experience of 22 months of speaking to 10 employees from four offices within the university, UBC administrators utterly ignored these ethical and legal duties."

According to CBC, at least two accusations surfaced in 2014 against Mordvinov. It is unclear whether one of these was referenced by Kirchmeier in the press conference.

Although Piper remained adamant in the last meeting of the UBC Senate that sexual assault will not be tolerated on this campus, a statement issued by UBC spokesperson Susan Danard also noted, "we can do better and we will do better."

"While the university had to wait until it had the necessary facts to take action, I acknowledge that the process took too long," Piper wrote in a statement on the university's website, which was then circulated in a broadcast email to the entire UBC community the night that the documentary was set to air.

Despite these admissions, Kimberley Beck, legal counsel at the Office of the University Counsel, said that she believes in the university's reporting process already in place for victims of assault.

"I think the people who go through our process are generally satisfied with the care and attention ... that the committee gives to them," Beck said, speaking of the nonacademic misconduct committee that deals with reports of sexual assault when they've been made internally. The process uses a structure of investigating in which both victim and perpetrator are asked questions by the committee.

"In cases of sexual assault ... if they wish not to be seen by the alleged perpetrator, we can put up screens we can make other arrangements. We can do it by video conferencing."

The committee is made up of a group of selected students. According to Ashley Bentley of the AMS's Sexual Assault Support Centre (SASC), many survivors may not wish to report in this way because it involves disclosure to a group of students.

Bentley also noted that a lack of a single policy on sexual assault can be problematic. Currently, the university relies on Policy 3, which relates to harassment and discrimination. According to a board document, the office received 273 files and only six were referred for formal investigation under Policy 3 over the last 18 months.

In addition, certain survivors

have said they felt actively silenced by the university.

"I have been asked to share the experience of one current student not in the Faculty of Arts. She told me that she reported an abusive colleague to the equity office a year and a half ago, and they gave her a ... "gag-order" — her words," said Kirchmeier.

As a result of the slow process it took to expel Mordvinov, Kirchmeier will file a complaint with the BC Humans Rights Tribunal and UBC will have to face the consequences.

"Now the lights are turned on and the university is going to be tried in the court of public opinion. Then it is going to answer to the BC Human Rights Tribunal and I suspect it will be tried in civil court as well. UBC did this to itself," Kirchmeier said.

When asked where exactly Beck felt that the process of reporting and handling a sexual assault was weak, she spoke mainly of getting information to students about the options they have available to them after an assault.

"I think a place we could do better is getting information out to our community — particularly our students — about what's out there for them, about the places they can go," Beck said. "What we want to do is make sure that we are communicating clearly to our students what their resources are."

Some have been calling for a policy review following the complaints against Mordvinov. When asked whether UBC's process for handling sexual assault will change in the future after these concerns about UBC's reporting process surfaced, Chad Hyson, associate director of student conduct and safety, said "we're constantly taking in the feedback that we've received regarding our processes as any organization does."

"We learn every time we have a hearing," Hyson said.

Emma Partridge is the news editor of The Ubyssy, the official student newspaper of the University of British Columbia.



UBC UNDER FIRE Students at the University of British Columbia

SUPPLIED — GEOFF LISTER

Magna Carta, the Holy Grail of documents, at Legislature

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHH

An 800-year-old piece of history is in Edmonton, as the 1225 issue of the Magna Carta is at the Borealis Gallery on the Legislature grounds.

The document is a copy of the 1215 original, with the original sealed by King John and re-issued by his son, Henry III. Promising rights to the church, as well as barring barons from illegal imprisonment and imposing limitations on feudal Crown payments, aspects of the document make up the basis for many modern charters and laws.

Though it was only a piece of law for a few months after sealing, the Magna Carta has had an influence on many pieces of legislation that followed it. University of Alberta professors and students have been studying the document at great length.

James Muir, an Associate Professor in the Department of History and Classics as well as the Faculty of Law, said that the document's accessibility made it an important part of history.

"It was a lot more widely available than other charters," Muir said. "It just carried on in repetition, and became the focal point for how the crown established its relationship with the people."

Aspects of the Magna Carta can be seen in legislation as modern as



CRACK YOUR CODE The Magna Carta will be on display at the Alberta Legislature until Dec. 9.

CHRISTINA VARVIS

the Charter of Rights and Freedoms, both of which contain references to the right to a speedy trial. Muir will give a presentation Dec. 8 at the exhibit, and said he plans to explore how the Magna Carta influenced modern legislation.

"There are echoes (of the Magna Carta) in these later documents," Muir said. "I'm going to talk about

drawing those lines, and how solid they are."

Muir also pointed to the rarity of the document and copies of similar age, especially in travelling exhibitions.

"There aren't many copies of the original issues left, and for the most part, they don't tour," Muir said. "It's really up there in terms of rarity."

That rarity isn't lost on Kathleen O'Driscoll. The third-year law student is part of the "Ms. Magna Carta" blog, where she and four classmates spent three months posting daily blogs exploring the Magna Carta.

"It's a priceless document that was flown across the world," O'Driscoll said. "It only came to four stops in Canada, it's huge."

As part of a course in Law and Social Media, O'Driscoll and the rest of the group explored the history of the Magna Carta, and its implications on contemporary legal issues.

"We interviewed different legal professionals, professors, and scholars about their views on the Magna Carta and how it's connected to their work," O'Driscoll said.

Speaking with everyone from lawyers to hip-hop artists, and writing about events ranging from Deflategate to urban chicken keeping, O'Driscoll said that the Ms. Magna Carta project showed just how integral the document is to modern law.

"You don't realize how relevant this 800-year-old piece of paper is," O'Driscoll said. "Or how central it is to many of the rights and freedoms we have today."

O'Driscoll, who gave a presentation at the exhibit last week, pointed to finally seeing the document she and her group members had spent nearly a year studying as a "once-in-a-lifetime experience."

For Muir, the Magna Carta gives meaning to concepts that can often seem fairly nebulous.

"When we think of the law, it can be disembodied," Muir said.

"There's something to be said in giving physicality to the law, bringing an embodiment to this piece of legislation."

Campus shaves lids to raise money for cancer research

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHH

There was hair everywhere in ETLC, as the Faculty of Engineering hosted their 12th Annual Headshave last week.

Benefiting the Alberta Cancer Foundation, the event has raised over \$250,000 since its inception 12 years ago. Event Coordinator Bill Tran was helping to run the event for the third consecutive year, and though he might be hogging his role, the fourth-year mechanical engineering student said the head shave has been a rewarding event to organize.

"It's an event that's been here for a while," Tran said. "And when you get the opportunity to organize it, see it from start to finish, and contribute to the community, it's awesome."

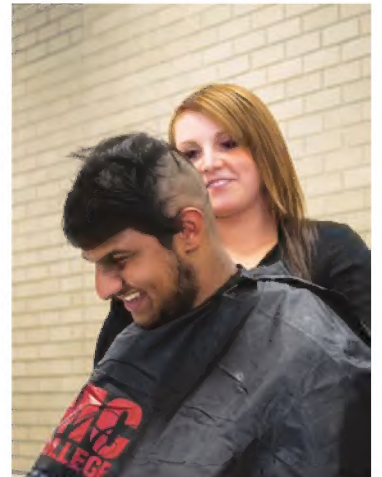
Tran said that he expected anywhere from 20 to 30 people to show up and lose their locks, and hoped more would step up on a whim. Fourth-year Mechanical Engineering student Alex Steneker was one of those.

"I looked over at the event and said to my design project group that we should go and get our heads shaved," Steneker said. "Not everyone was so into it, but I managed to convince a friend to come do it as a bit of a group thing."

The newly-bald Steneker said that a friend had contributed a donation to see him get buzzed, and that he wasn't intending on stopping there.

"I intend to get my girlfriend and family to donate," Steneker said. "And forcing everyone I can to donate to this cause."

Also in attendance were the brothers who started the head shave 12 years ago. Gary and Graeme Wicentowich's father was battling terminal stomach cancer in 2003, and some of their friends



MITCH SORENSON

and family helped organize an event in his name. Razors for Ron, though not university affiliated, was a huge success, and raised over \$12,000 for the ACF.

"We had participants that day from age three to 63," Gary said. "So that was a great day for everyone."

After the success of the first event, the brothers decided to bring the headshaving marathon to campus. As Faculty of Engineering Alumni themselves, many of Gary and Graeme's classmates were participants in the inaugural event.

"We're really proud to see that this great event has continued," Gary said.

"It makes you feel really good."

Though both brothers graduated years ago, they said they were proud of how strong the event still is. Graeme also credited the CDI College Esthetics Program for providing volunteers to do the headshaving.

With several notable professors and academic leaders having shaved their heads in the past, Student's Union Vice-President (Academic) Fahim Rahman was amongst the balded this year.

"With it being so cold out, they're pretty brave," Gary said.



ROBOTIC RACETRACK Mech eng students racing for glory and an 'A' in their class.

CHRISTINA VARVIS

Engineering students race for grades

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHH

Over a hundred students packed into the Mechanical Engineering Lab on Monday, to watch and participate in a robot race.

As the practical component of their final project for Mechanical Engineering 260, the course's 120 mechanical design students were broken into groups to create a motorized robot that would complete the "Just in Time" challenge.

"Just in Time" manufacturing refers to an inventory strategy where companies only receive goods as they are needed in the production process, thus reducing inventory cost, increasing efficiency and decreasing waste. The teams are first tasked with remotely delivering plastic spheres to specific boxes in a faux factory in the Mechanical Engineering Building, where the robots are then constructed. Points are then awarded for a device's accuracy and speed.

Andrew Campbell, a machinist technician at the Mechanical Engineering Lab, said a lot of time and effort goes into the creation of the contraptions.

"They really start building it three

weeks ago," Campbell said. "Everyone else is skiing over Reading Week and they're here working hard and building. It's the hardest five per cent (of their grade) they will ever work for."

Aside from the workload, Campbell credits the project for helping students learn to work in a group environment. Throughout the design and build process, the students learn many of the skills they'd be expected to use in the work force upon graduation or during their co-op placement.

"This is what mechanical engineers do," Campbell said. "They get problems and solve them using mechanics."

One of the problems posed by this particular project was that the groups were only given two motors to carry out driving, steering, and sphere delivery functions. Team "Ricky Bobby," comprised of students Noah Sheridan, Jiefu Xia, Michael Primrose, Syndey Braaten and James Cho, came up with a unique design.

"We used one of the motors to drive the wheels, and attached the second to a system of gears so it would run the steering and delivery arm," Xia said of their creation.

Sheridan credited his teammates with coming up with a solution to the

two motor challenge. Primrose added that their method was more accurate and reliable than those who simply bumped into the box for sphere delivery.

"In real life, it's more efficient to do it this way, to have two motors instead of three," Sheridan said. "In an electrical vehicle application, it would use less power."

After drawing names out of a hat, it was decided that Sheridan would pilot the vehicle for their timed run. Luckily, the test went well.

"We tried it this morning, and it took us exactly two minutes," Sheridan said. "We just ran a one minute and 20 seconds at the test. I was pretty nervous, but it turned out OK."

All of the group credited the hands-on approach encouraged by the course in making it a highlight of their semester. Xia pointed to the car project as a practical application of everything they learned in the classroom. This physical project led to Team Ricky Bobby spending almost 70 hours on their vehicle, but Braaten said it was all worth it in the end.

"It's the most fun we have in a course," Braaten said. "Even though it's ended up being more time consuming than we thought."

Opinion

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EDITORIAL COMMENT

Alberta video game industry should receive tax credits

THE CANADIAN VIDEO GAME INDUSTRY IS GROWING RAPIDLY — but not in Alberta.

On Nov. 18, Alberta Culture Minister David Eggen announced an \$11 million increase to the Alberta Media Fund, bringing it to a total of \$36.8 million. The fund provides support to groups and individuals involved in “screen-based media production, book and magazine publishing and sound recordings.” One of its parts is the Alberta Production Grant, which is meant to provide “funding for the creation of screen-based narrative content.” But under the requirements and limitations, video games are specifically excluded from the grant.

It’s ironic that the grant page specifically mentions “screen-based narrative content” because the industry leader in narrative video games comes from Edmonton. Although it’s now owned by the monolithic Electronic Arts, BioWare was founded by three University of Alberta med school graduates. The company went on to create the highly successful and influential *Baldur’s Gate*, *Star Wars: Knights of the Old Republic*, *Mass Effect* and *Dragon Age* series, all of which have had a tremendous influence on how video games tell stories. Today, BioWare is one of the few companies that actually employs writers instead of getting other developers or freelancers to do it.

Maybe a grant isn’t the most efficient way to encourage industry growth outside of independent studios, or smaller scale, more artistic projects. Companies are largely concentrated in Quebec, Ontario and British Columbia for one reason: digital media tax credits. In BC, video game companies can claim a tax credit worth about 17.5 per cent of eligible salaries and wages incurred in the tax year. Ontario’s tax credit is 40 per cent on labour, and marketing and distribution expenses. Quebec almost cut their tax credit of 30 per cent on salaries in 2014, but brought them back after pressure from their large industry. Manitoba, Nova Scotia and Prince Edward Island also offer digital media tax credits.

The Entertainment Software Association of Canada releases an annual report with data on the Canadian video game industry. Their most recent report on 2014 shows that the number of active studios in Canada increased by 143 to 472 since 2013. The industry added \$3 billion to the Canadian GDP, up 31 per cent since 2013. It also generates 36,500 jobs nationwide, and the report anticipates at least another 1,300 jobs in the next 12-24 months. The industry is obviously growing fast.

It isn’t just the government’s fault. The television, film, music and performing arts industries all have well-established groups that can lobby government for more funding. Although there are organizations federally, there aren’t as many provincially, at least not in Alberta. Fortunately, we do have GameCamp, the local Edmonton chapter of the International Game Developers Association. They recently drafted a letter in which they encourage members to send to their MLAs. One line sticks out: “We are hemorrhaging talent.”

We keep making it easier to grow talent, but we’re not making enough efforts to keep it. The University of Alberta introduced a Certificate in Computer Game Development two years ago, adding a variety of game related courses to the existing roster. Although there are theoretical courses, the bulk of the certificate is focused on actually making games rather than just studying them. But if graduates aren’t willing to leave Edmonton or take a massive risk starting their own business, they’ll have a hard time finding a job that takes advantage of their skills and interests.

Video games are far from a niche industry: 54 per cent of the Canadian population plays them, and 65 per cent of last year’s Canadian games were for mobile devices which almost everyone owns. Edmonton’s games scene definitely isn’t stagnant, but it could definitely use a boost. We’re always talking about alternate sources of revenue in Alberta. We can create one, take advantage of our existing talent and promote our province’s arts and culture by investing in the video game industry.

Kevin Schenk
ONLINE EDITOR

Josh Greschner
OPINION EDITOR



STUDENT? OR HOMELESS PERSON? #FINALS ADAIRE BEATTY

letters to the editor

Correction: A Nov. 24 version of Kieran Chrysler’s editorial “*Students’ Unions are none of the Wildrose Party’s business*” stated that “the Wildrose Party unanimously approved a policy proposal” allowing every student the option of becoming dues-paying members of student associations. This information was taken from a Nov. 17 *Gauntlet* article. On Nov. 14, *The Metro* published an article stating “the policy change was passed almost unanimously.” The editorial has been updated to say “nearly unanimously.”

Free expression rights stop at unlawful activity

Brenna Schuldhaus’ article of November 24 asserts that the Campus Freedom Index overlooks the “free speech rights” of students who participated in the obstruction and disruption of U of Alberta Pro-Life’s display on campus. But free expression rights stop at criminal and other unlawful activity. The actions of a pro-choice mob to obstruct and shout down a pro-life display (that was authorized by the U of A as a university activity or event), making it impossible for students to engage in civil discourse, were a direct violation of the Code of Student Behaviour as well as the Criminal Code of Canada. Even a kindergarten student understands the difference between drawing her own picture, and covering the picture of the little boy sitting next to her. The failure of the University to uphold its own Code, and the rule of law, is worthy of an “F” grade in our report, and should be taken seriously by all of us who want to see the University

of Alberta foster the free exchange and debate of ideas.

Michael Kennedy
JUSTICE CENTRE FOR CONSTITUTIONAL FREEDOMS

FROM THE WEB

SU fees should be optional

(...)
“The cool thing about Students’ Unions is that any student can put themselves forward to run, and can campaign based on any issue that they feel is the most important to the student body.”

Policy 7 was brought forward by Alberta post-secondary students who were passionate about it and campaigned hard for it. It was a matter of little real concern to the majority of adult WR members at the AGM, but they could see the energy and excitement that these young activists brought to the issue, which featured the best campaign of any of the policies. Democracy is not a one-way street: there are many bodies and venues where one can pursue issues one feels passionate about. The difference, however, is that neither I nor the student WR activists are COMPELLED to be a member of the WR, or of other political party, in order to live in Alberta or to take part in the political process here.

If SU membership were optional, I don’t see how that would affect the ability of any SU member to put themselves forward to run or campaign on any issue.

“If anything, it’s more democratic

than the existing faceless unions that operate in huge corporations.”

Defending SUs by attacking unions in general! Interesting tack. Well, as a former CUPE and AUPE member myself (who actually attended meetings of my local), I can personally say that I found these bodies to be relatively responsive compared with the SUs that I was previously forced to join. Far from “faceless,” the faces at those meetings were mostly those of my co-workers, as opposed to some narrow social clique that I wasn’t a part of. The main impediment to the realization of democracy in both was member apathy.

But personally I found I was far less apathetic as a member of CUPE and AUPE. I got involved because I knew exactly how much was coming off my paycheque in union dues every month. By contrast, my enforced payments to the SU at UofA just blended in with all my other fees. I would say this was also the case for many others as well: a much larger percentage of the membership at UofA seemed apathetic and disengaged compared to the “real” unions. Forcing students to consciously consider their SU fees might, if anything, work to reverse that trend. (...)

I agree that democracy is quite cool...where it’s allowed to exist. But in situations where it clearly wouldn’t be, no one ought to be obliged to pay for some sham version of it.

MJMD
VIA WEB

Letters to the editor should be sent to opinion@gateway.ualberta.ca (no attachments, please).

Due to costs, Canada shouldn't accept Syrian refugees



Spencer Morrison
OPINION WRITER

As Prime Minister Justin Trudeau races to resettle 10,000 Syrian refugees in Canada by New Year's, and Alberta's Premier Rachel Notley winds up her efforts to welcome some 1,000 to Edmonton alone, I think it's time we stopped sipping the kool-aid and smelled the coffee.

I believe it's our moral duty to help those in need, and I recognize that most Syrian refugees are good people deserving of sanctuary. Most will integrate peacefully into Canadian society. Few among them pose legitimate security threats. Yet for humanity's sake we must admit no refugees.

We should use (\$1.1 billion) to fund refugee camps in Turkey, Jordan or Lebanon.

I speak with an open heart, so hear me with an open mind. Mr. Trudeau originally budgeted \$250 million for his refugee plan, or \$10,000 per refugee. According to the *Canadian Press*, documents leaked on November 20 reveal the costs to be \$1.1 billion over six years, or \$44,000 a person. This does not include ancillary costs downloaded to other levels of government such as healthcare, education, or general administrative costs. This is no surprise as private charities usually need \$30,000 to resettle someone successfully.



SUPPLIED - MISTYSLAV CHERNOV

If you think these costs are irrelevant, think again. In terms of opportunity costs (the difference between what you get and what you give up) this deal stinks of stupidity that borders on sadism. According to the UNHCR there are 1.7 million Syrians seeking sanctuary in Turkey. Of those, roughly one-third live in refugee camps. The remaining 1.1 million people are still seeking sanctuary: as of 2014 it was estimated that

up to 400,000 lacked basic shelter, security, and even sustenance.

Thankfully, Turkey is building more refugee camps — Kilis Oncupinar is a permanent camp made of repurposed shipping containers. There, refugees are provided with healthcare, primary schooling, and basic necessities. They even have internet access. All told, 14,000 people live in Kilis, which costs about \$30 million CAD/year to operate, or

at a cost of \$2,142/person.

If we genuinely want to help our fellow humans then Trudeau's plan fails, disgracefully so. We should use the allotted money to fund refugee camps in Turkey, Jordan, or Lebanon. For \$1.1 billion we could fund spaces for something like 513,500 people for a year, which would account for every single unaccompanied Syrian in Turkey.

For every refugee we accept, we

condemn twenty others to fear and famishment.

Even if we spent the money over six years, we would still fund spaces for 86,000 people, each as deserving as the 25,000 we would otherwise help.

This is reason enough to accept my conclusion. But there's more.

We are struggling at home. Here in Edmonton our homeless and women's shelters are inadequately funded, our food bank is starving for donations, and according to the *Business News Network*, Alberta has lost some 63,500 jobs in the first eight months of this year. *Rebel Media* estimates that over 100,000 Albertans will have lost their jobs by December 25. Merry Christmas.

And these are the lucky ones. The CBC says there are 2,252 chronically homeless Edmontonians. Hundreds live hand-to-mouth in the River Valley. This story of hopelessness and despair is repeated across Canada. All told, there are 30,000 chronically homeless Canadians. They are urban refugees. They need our help.

Some say this is impossible to fix, that there will always be a destitute class. I point to Medicine Hat, which has recently eradicated chronic homelessness at a cost of \$20,000 a year per person. Even if we assume similar programs would be twice as expensive to run in larger cities, \$1.1 billion would still be enough to end abject poverty here in Canada.

For me, charity starts at home: we must take care of each other before taking care of the world. Even if you disagree, is it not better to care for half a million refugees abroad than for 25,000 at home? Either way, the logic inevitably leads to a single conclusion: for humanity's sake Canada must admit no refugees.






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UNIVERSITY OF CALGARY

Catcalling is never acceptable



Kevin Holowack
OPINION WRITER

A few weeks ago a friend of mine was riding her bike around Whyte Avenue and some guy sitting on an outside patio drinking a beer shouted, “Hey, Blue Bike! I know you can hear me! I got something you can ride!” “Yeah,” she explained to me later, “so I was catcalled.” I’ve always known that catcalling is a problem, but this was probably the first time I heard someone say that exact phrase: I was catcalled.

“I asked more female friends whether or not they’ve ever been the subject of catcalling. If we take the definition of an unwarranted “suggestive comment” along with the more common understanding of shouting, then it’s been a near unanimous yes.”

This piqued my curiosity about catcalling and because I had a stark mental image to attach to it — I could almost hear the words slopping out of the man’s mouth — I felt inexplicably angry as well. Because I’m an English student, I looked it up in the Oxford English Dictionary. Apparently the word had a surge of popularity in the 1860s. Awkward as it is to imagine a bunch of English gentlemen shouting “I got something you can ride!” to a group of women on big-wheeled velocipedes, the 19th century catcalls usually referred to short blasts from “a squeaking instrument ... used esp. in play-houses to express impatience or disapprobation.” It wasn’t until the 1950s that catcalling started to mean “a whistle, cry, or suggestive comment intended to express sexual attraction or admiration (but usually regarded as an annoyance), typically made by a man to a female passer-by.” For me at least, it’s hard to imagine the link between these two definitions. One could possibly make the case that using “squeaking instruments” was justified in some way, like compelling the actors to act better. But there’s no way for a modern catcaller to justify their actions to the world, because it’s impossible to imagine how the phrase “I got something you can ride!” is beneficial to anyone.

A truly frightening thing side to this, though, is that the catcaller most likely can’t justify their act to themselves either. So is it nothing more than group mentality? I can attest that men are usually conditioned to see objectifying women as positive. I have distinct memories in high school of getting jabbed with a pencil whenever my passive-aggressive acquaintance X wanted me to ogle over a girl that was walking by. I remember summer jobs, riding in a company truck with a team of 17-year-olds all rubbernecking at the first sign of exposed skin. So when I hear of full-grown adults shouting at strangers on bikes, I can only think back to the fears and insecurities felt by teenagers, the insults young men would throw on other young men if they refuse to participate, barking when the group says “bark!”

I asked more females friends whether or not they’ve ever been the subject of catcalling. If we take the definition of an unwarranted “suggestive comment” along with the more common understanding of shouting, then it’s been a near unanimous yes. One friend also made an incredibly illuminating comment about something which isn’t obvious from the point of view of someone who’s never been catcalled. “Catcalling isn’t just annoying,” she said. “It tells you that you’re visible and that other people want you to know it. You feel hyper-aware, like you might get followed or that there might be a real threat.” Logic would say that when fear and insecurity breed fear and insecurity, everyone loses and everything’s fucked. This is something the definition of catcalling doesn’t capture. I’m a male, and for a while now I’ve been figuring out how to exist in the world if I want to help the cause of dismantling these problems. If anyone’s in the same boat, then I can suggest from experience how enlightening it is to read articles on the breadth of feminist thought, absorbing some blogs and — if you can swing it — taking a class in feminist philosophy. But at the very least, next time you’re sitting on a patio — and just between you and the guys — consider clinking your glass to “catcalling is fucked.”



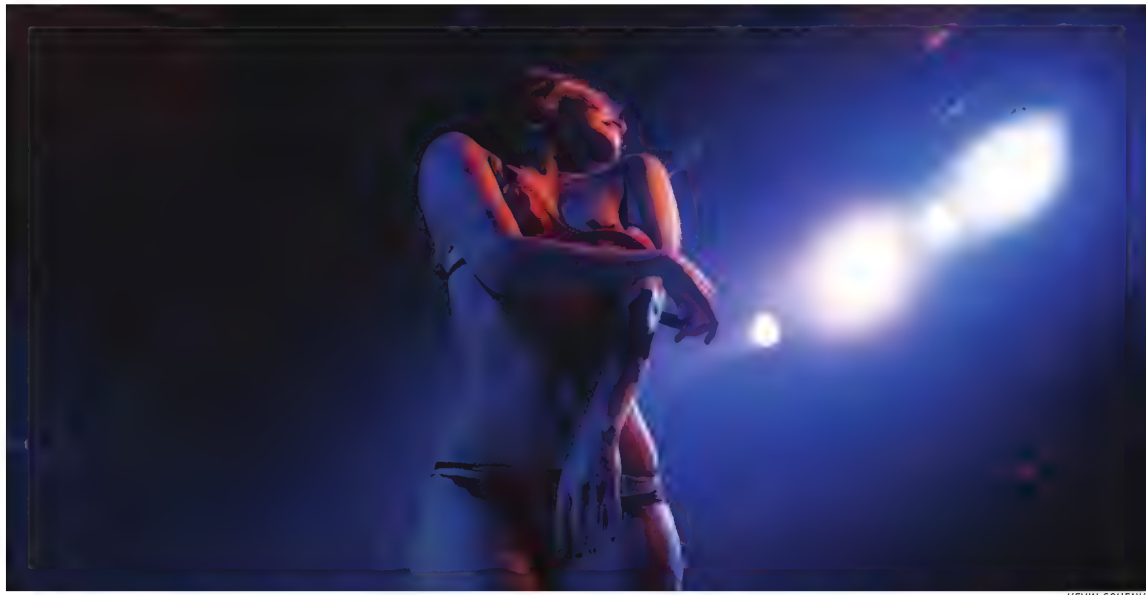
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HAPPY BIRTHDAY LAST WEEK SACK	I’m way more concerned about deleting my history than I am actually making history.	Coincidence???? I THINK NOT
chitter is trash	Lister is the petulant child of University of Alberta	I should be working on my 2000 word essay due in 5 hours.
“ha ha wow that’s still around, they had 3LF back when I was at university too” - every old person ever	That one ref at Campus Cup looked like a bag of pudding wrapped in a sweater	its fucking cold
So much booty on r/uofagonewild. So much. *drool*	why is real syrup so expensive compared to fake syrup like it makes me so angry	What the hell’s wrong with your Crossword? Its all f-ed
i have no idea how to support that anti-lhsa op-ed without a hundred people immediately treating me like garbage.	Alberta	DOWN WITH CIS
It wasn’t you? Really? I caught you banging on the bathroom floor. How stupid do you think I am?	Albert	why can’t the pro-life club stop trolling and just be chill like every other student group
Stairs are like mini-floors connected big-floors together.	Alboet	why is it so hard to find gays in lister?
	Lboet	i h8 grosh butthole surfing hoebag
	Boet	Baby where’d you get your body from? I got it from my many Netflix binges and the excessive amount of chocolate I eat.
	Boat	



KEVIN SCHENK

Liquor commision is right to cease defining exposed breasts as nudity



Alyssa Demers
OPINION STAFF

On Nov. 23, the Alberta Liquor and Gaming Commission changed their nudity policy, as exposed female breasts are no longer considered nudity. A long time coming? I think so. Should it have happened before now? Absolutely.

The prudish and ridiculous former policy against female breasts in entertainment was as follows: breasts, including the nipple and surrounding breast tissue was considered to be nude, and even a little tasteful side boob warranted a large fine and the possible removal of liquor licenses. Furthermore, the outlandish policy dictated that the dancers had to be apart while performing, and that props couldn't be used in any suggestive ways.

Entertainers such as burlesque dancers in Edmonton are thrilled by

this change in policy, given that burlesque is a consistently misunderstood form of dance. In an iNews 880 article, Arabella Allure explained that burlesque "is not actually about being naked, it is about getting naked sometimes." Allure said there is an element of striptease involved, but the overall purpose of it is to "satirize some public norms" while stripping "is to simply get naked." Arielle Rombough from Garter Girls Burlesque dancing said that the six-year fight to stop defining exposed breasts as nudity is an issue of human rights, sexism.

This all derived from a predominantly misogynistic viewpoint in society about the female body. Why is society scared of the female chest, but not the male chest?

The breast has been considered a sexual organ in society, although it is not inherently sexual at all — the breast is used exclusively for breast-feeding offspring: it is used for sustenance and nutrients. Obviously breasts can be sexually stimulated, but the way society has sexualized female breasts has paved the way for breasts to be viewed as obscene, sexual and as

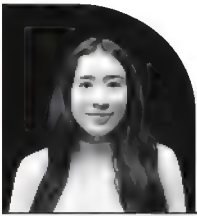
equal to genitalia.

The former ALGC policy could also be compared to Instagram's ridiculous nudity policy: although breast tissue is allowed to be photographed, the nipple and areola must be fully covered. Why is that? Assumedly, all humans have nipples and one could probably safely assume what is under that blurred dot, or star in the photo of a topless girl. Women such as comedian Chelsea Handler have challenged this policy several times, posting topless photos with the hashtag #freethenipple, only having those photos being promptly reported and taken down. Why are people so offended by female breasts?

This sexist dichotomy exists due to the oversexualization of female bodies.

Nearly 100 years ago, people were offended by male nipples. Little known fact, but according to The Gaily Grind, New York state banned the exposure of male nipples until 1936. I am confident that the rhetoric of women's bodies are going in the same direction. Hats off to the ALGC for ridding their policy of an outdated, conservative standard.

Lister dodgeball is culturally significant



Sofia Osborne
OPINION WRITER

I've hated sports for as long as I can remember — until I watched my first Lister dodgeball game. There's something particularly enticing about 18+ year olds throwing balls at each other as hard as they can. If that sounds too much like the dodgeball of elementary school on steroids, it's important to acknowledge that there is sophisticated strategy in the way Listerites play.

The teams alternate between offence (taking the line) and defence (dodging and shagging) in a sort of mystical and perfectly timed dance until all hell breaks loose in the last minute. The games are nonstop action with no breaks, so Lister dodgeball isn't not brain-explodingly boring like other sports. Teams play five games, a combination of classic, doctor, double doctor, and sometimes assassins, each with their own rules. The noise level in the Tuckey gymnasium is always a dull roar of remixed pop songs punctuated by screams to "throw together!" and "stay alive!" Sure, sometimes you risk your life when you watch a game with some really good arms, but a ball to the face is always amusing when it's not your face.

What I really love about dodgeball and the effect that it has on Lister culture is the team building, respect, and sportsmanship in the league. You can complain about the people on your team but in the end they're the ones shagging you that ball so you can make a heroic throw, or letting you use

their body to block an onslaught of balls, and no matter who your teammates are, they're cheering you on from the sidelines.

In dodgeball the ref's rule is law, and everyone knows and respects it. When the ref says you're out there's no talking back. Even when playing without a ref, Listerites have a respect for the game and its rules that makes me proud to watch them play. And in the end, win or lose, spirits are always high enough for a post game Booster Juice.

What I really love about dodgeball and the effect that it has on Lister culture is the team building, respect, and sportsmanship in the league.

Finally, there's one thing that sets dodgeball apart and makes it a superior viewing experience: the outfits. Picture shirts in colours as fun as "sandy vagina" or "mouldy bread" emblazoned with nicknames that keep you guessing. If that fails to turn you on one can always admire the sexy knee high socks in an array of colours. It's no wonder dodgeball crushes can make or break the reputation of a team.

Though dodgeball isn't amazing enough to actually make me do physical activity, it at least brings me to the Tuckey to watch a game or two, and I can't over-emphasize what a feat that is. I can understand why people stay in Lister for their whole degrees, just to experience dodgeball culture again and again.

EPS thankfully not treating mental health patients at remand centre



Shaylee Foord
OPINION WRITER

In case you missed it, last Monday in a budget briefing, the Edmonton Police Service announced a plan to treat mental health patients at the Edmonton Remand Centre. The reasoning behind this is that patients who are involuntarily taken in by police because they pose a risk to themselves or others face long wait times in emergency departments, taking police off the street for hours at a time — a combined total of 202 hours between Sept. 22 and Oct. 19 of this year, according to the briefing.

Naturally, this idea wasn't well received when it reached the public on Wednesday, and mental health advocates rightfully freaked the fuck out. On Nov. 26, EPS announced that plans to treat mental health patients at the Edmonton Remand Centre were "off the table." But whether or not the Remand Centre had the resources necessary to treat these patients is irrelevant — the Remand Centre is a place for prisoners, and taking people who have not committed a crime there only serves to further stigmatize mental health problems, and create distrust between patients and police.



SUPPLIED GARY KNIGHT

Austin Mardon, an Order of Canada recipient living with schizophrenia, spoke with the *Edmonton Journal* on Thursday: "We're afraid of the police. I'm afraid of the police and I don't want to be put in jail (...) There's a clear delineation between

being sick and doing a crime."

In Wednesday's *Journal*, Paula Simon wrote: "Are you really going to call 911 for help with your hallucinating and agitated grandmother with Alzheimer's, or your teenager with schizophrenia, if you think

they might be taken to a jail?"

Not only was the plan unethical and possibly even dangerous, but it would involve changing the Alberta Mental Health Act, which Alberta Health has confirmed in a written statement that it is not looking to do.

The briefing in which the plan appeared included a significant amount of old information. This raises the question whether the plan actually was just the result of an old brainstorming session which shouldn't have wound up in the briefing at all, or whether the plan was taken off the table as a result of the upheaval it caused.

Possibly, the plan had never been a serious consideration at all, and was actually just intended to shock the public and the government into action on available mental health resources. If that's the case, I hope it worked. Creating a dialogue and awareness around mental health is one thing, but the next step is increased availability of treatment and support. The responsibility of this much larger problem should not fall on the Edmonton police alone, and hopefully this will lead to a discussion and action towards improving and expanding mental health facilities so that patients have proper and timely care, and the police can continue to protect and serve.

In the meantime, I suggest we take the same approach to shock the university into providing more mental health support. From now on, whenever Campus Clinical Services is full, we should all just flood the UAPS office, and take action on mental health that goes beyond raising awareness.

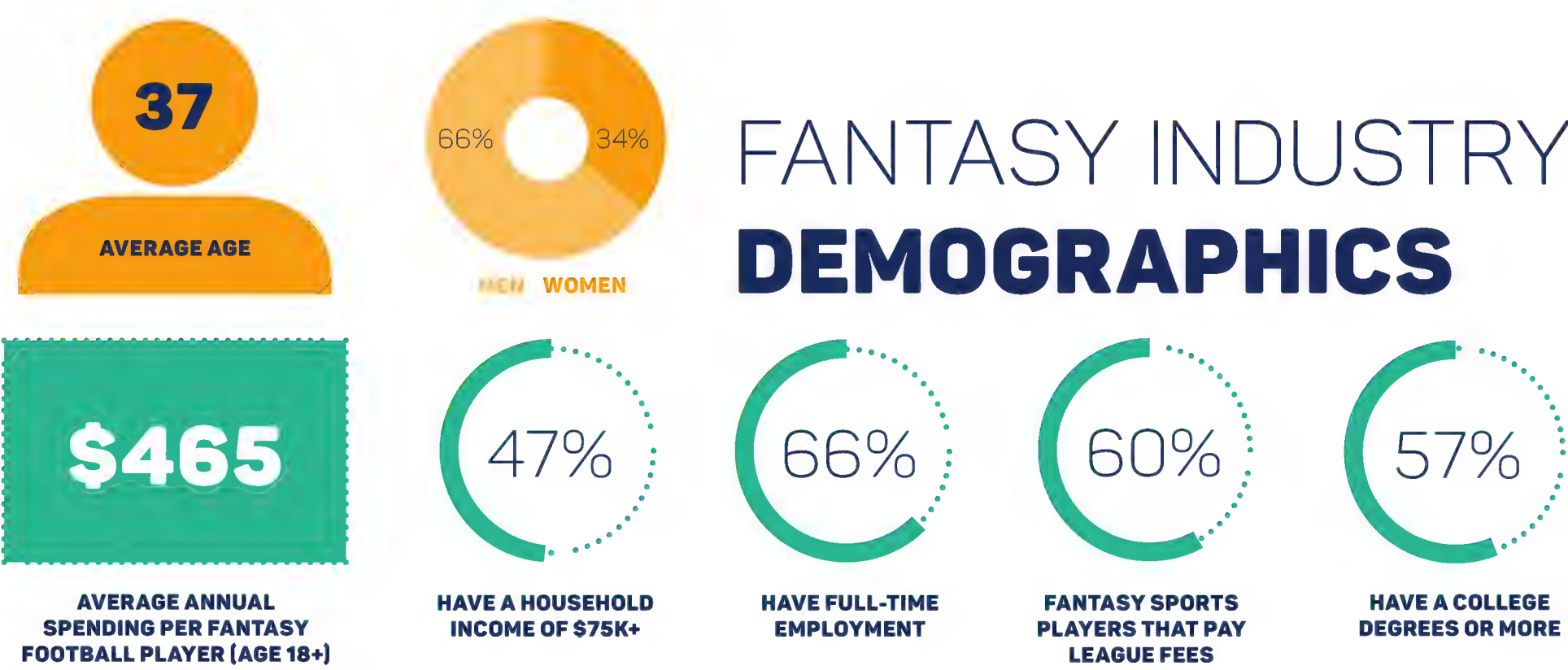
FANTASIZING

ABOUT SPORTS

THE ECONOMICS AND
DEMOGRAPHICS OF
FANTASY SPORTS

IT'S A RITUAL FOR MILLIONS OF PEOPLE EVERY SUNDAY. THE DEDICATED AND DEVOUT TAKE A KNEE AND RECITE A PRAYER UNDER THEIR BREATH. BUT THEY PRAY NOT FOR COMMUNAL FORGIVENESS, RECONCILIATION OR GOOD HEALTH – THEY PRAY FOR TOUCHDOWNS.

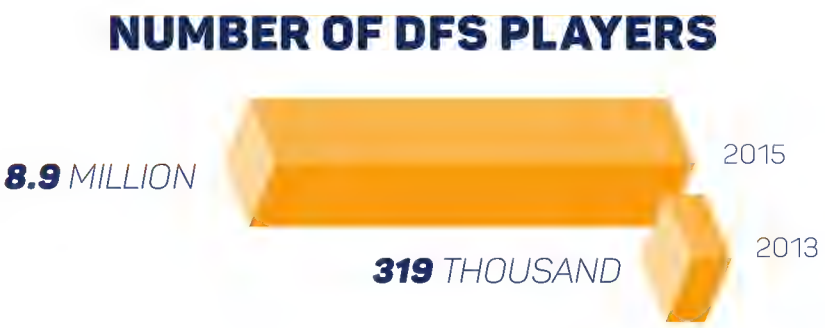
MANY FOLLOW A SET OF COMMANDMENTS ON NFL SUNDAY: WAKE UP, TURN ON THE RED ZONE CHANNEL, MONITOR TWITTER FOR PLAYER INJURY STATUSES AND METICULOUSLY SET THEIR COVETED FANTASY FOOTBALL LINEUP. HEAVEN FOR THEM IS ATOP THEIR LEAGUE, WHILE HELL IS A FATE FOR THE DESTROYED.



56.8 MILLION FANTASY SPORTS DEVOTEES LOOK TO PART THEIR LEAGUE LIKE THE RED SEA EN ROUTE TO SUCCESS, BUT THOSE WAVES MAY CRASH DOWN AND FLOOD THOSE HOPES.

THE NEW YORK STATE ATTORNEY GENERAL HAS ORDERED DAILY FANTASY SPORTS (DFS) WEBSITES TO STOP ACCEPTING BETS, SAYING THEIR LEAGUES CONSTITUTED AS ILLEGAL GAMBLING.

HOW DAILY FANTASY
SPORTS **DFS** IS
CHANGING THE FANTASY
SPORTS INDUSTRY





ALMOST ONE-IN-FIVE FANTASY SPORTS PLAYERS PLAY DFS

FANTASY SPORTS, LOVED AND CHERISHED BY MANY, HAS BEEN CASTED AS A SIN. THE CEASE-AND-DESIST ORDER BY NY ATTORNEY GENERAL ERIC SCHNEIDERMAN WAS A CRUCIAL BLOW TO THE LUCRATIVE WORLD OF FANTASY FOOTBALL AND FANTASY SPORTS. MANY FANTASY PLAYERS HAVE SINCE THEN DIRECTED THEIR PRAYERS TOWARDS THE STATE OVERTURNING

THE ATTORNEY GENERAL'S DECISION. UNTIL THEN, THOSE MILLIONS OF FANTASY FOOTBALL PLAYERS CONTINUE TO PLAY THE GAME. THE GATEWAY TAKES A LOOK AT HOW RELIGIOUS FANTASY FOOTBALL'S PLAYERS CAN BE, AND HOW MANY PEOPLE'S SUNDAYS THE NY ATTORNEY GENERAL'S DECISION COULD AFFECT.

"[DFS IS] A MASSIVE MULTIBILLION-DOLLAR SCHEME INTENDED TO EVADE THE LAW."

– ERIC SCHNEIDERMAN, NY ATTORNEY GENERAL

IN 2015, FANDUEL AND DRAFTKINGS WILL PAY OUT MORE THAN \$3 BILLION IN PRIZES

DRAFTKINGS VS FANDUEL



\$1.2 BILLION

VALUED AT



\$1.3 BILLION

\$20

ENTRY FEE

\$25

FIRST PLACE PRIZE



\$10 MILLION



\$5 MILLION

TOTAL CONTEST PRIZE POOL



\$2 MILLION



\$1 MILLION

COMBINED TO SPEND APPROX \$206 MILLION ON TV ADS ALONE

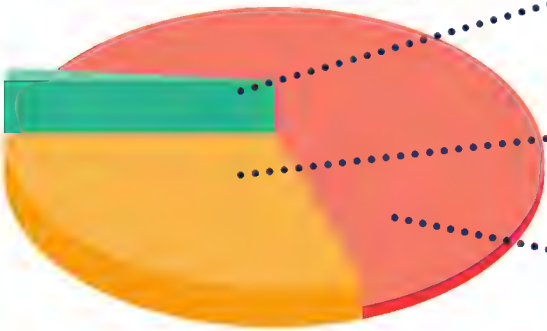


\$131.4 MILLION



\$74.6 MILLION

PLAYER TOTAL WINS PER DAY



01% REMAINING 20, 000 PLAYERS

27% TOP 100 PLAYERS

72% TOP 10 PLAYERS

1.3% OF PLAYERS MAKE A RETURN ON THEIR INVESTMENT

IF YOU'RE NOT A TOP FANTASY PLAYER IN THE WORLD, YOU'RE PROBABLY NOT WINNING MUCH MONEY. BUT THAT'S NOT STOPPING ANYONE.

Arts & Culture

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Volunteer

Arts meetings every Wednesday at 4pm in SUB 3-04

fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis

Shawn Qu
ENGINEERING II



GATEWAY: Tell me about what you're wearing.

QU: I have a shirt that I got from my friend who works at a skate shop. I got my shoes back in BC, I saw my friend wearing them and I thought they were sick so I got a pair too.

GATEWAY: What inspires what you wear?

QU: I just dress the way I feel comfortable. I don't care much about style, I just like being comfortable. I wear black. If it gets dirty it's harder to see, so that's a good thing about wearing black



CHRISTINA VARVIS

Studio Theatre has modern take on Greek tragedy

THEATRE PREVIEW

Iphigenia et Aulis

WHEN November 26 to December 5th
7:30 p.m. with a matinee on December 3rd at 12:30 p.m.

WHERE U of A Studio Theatre at the Timms Centre

WRITTEN BY Euripedes and translated by Don Taylor

DIRECTED BY David Kennedy

STARRING Jessy Arden, David Feehan, Celeste Tikal

HOW MUCH All performances \$12 for students, Evening \$25 adult, \$22 senior, matinee \$20 adult, \$18 senior

Eryn Pinksen

ARTS & CULTURE WRITER

Don't be fooled by the unpronounceable title, *Iphigenia et Aulis* is not to be judged by the heavy genre of Greek Tragedy that it falls under. The play written in antiquity tells the story of the difficult decision that a high standing military family must make as their daughter's life hangs in the balance during a time of warfare.

Jessy Arden plays Clytemnestra, the wife of a military commander and mother to Iphigenia whose fate rests in her character's mysterious hands. Arden speaks passionately about how the story and the characters may be interesting but this production is much more than just a recounting of an ancient tale. The theme of war is at the forefront this play, as the cast and crew have completely modernized this old classic. While the Greek nature of the play

could be offputting to some, Arden says that the modernization will make it accessible to all.

"Don't be frightened by the term Greek Tragedy. Because it's not your grandmother's Greek Tragedy," says Arden.

People are afraid of classical theatre because of its connection to the past with heavy and complicated storylines. University students probably see the Greek title and can instantly be reminded of a long-winded classics class, but Arden notes that the play felt fresh to the Studio players creating the piece.

"It never felt like a dusty piece of writing that we were kind of dredging up," Arden says.

The director and the cast never intended to show this production in a classical perspective and have radically modernized the Greek context of the play. Adapting the time period allowed them to utilize the theme of war and relate it to today's society.

"This was always going to be a play about war and society now and what it means to be a human being involved in this sort of conflict," Arden says.

Arden gave some insight on an example of how something classic has been modernized by explaining their transformation of the Chorus. Medieval plays contained a Chorus to act as a type of narrator that would give the citizens point of view throughout the play. Rather than having a group of townspeople, the Chorus delivers the voice of the masses through YouTube commentators, talk show hosts, and video game reviewers. The media and the internet is given a character in this play to add to the contemporary theme by outlining

the weight that these major actors have in politics and military.

The actress talked about the interesting use of invasive set design as the stage is extended out into the audience to emphasize the immediacy of the story. This stage gives the actors the chance to literally be in the faces of their audience to more directly convey their message that war is happening around the world and it is irresponsible to allow that to be ignored.

"I think maybe there is no such thing as being totally removed from the society in the world that you live in," Arden notes.

Studio Theater's *Iphigenia et Aulis* has set out to remind their audience that despite being in a comfortable westernized setting it is impossible and rather foolish to try and remove oneself from the wars and devastation that occur around the world everyday. Arden compares people to some characters in the play who pretend they are above all the conflict and attempt to bury themselves away. This is futile because, as this production points out, war is always present. It is evident in antiquity and today. The universality of war is what connects this play from antiquity to the present.

Their message is a must see to act as a reminder that there is no hiding away from global issues, no matter how hard one may try. Arden hopes that the audience will lose this sense of distance from the world that people have grown accustomed to.

"I've never been in a play before where I felt so passionately that this has to be seen and be seen live in order to really be able to think about it and talk about it and experience it."





CHRISTINA VARVIS

Farrow sets the bar for sandwich supremacy

Jonathan Zilinski
ARTS & CULTURE EDITOR

In a brief two years of existence, Farrow has sandwiched itself among the best restaurants and cafes Edmonton. With rotating lists of sandwiches, coffees and a playful staff, Farrow has been cementing its position as the place to go for breakfast, lunch, or hang-over cure. At the helm of this tiny cafe are Justin Benson and Laine Cherkewick, as they navigate the seemingly endless lines of customers.

"The weekends are crazy, actually most days are crazy," Cherkewick says.

Just off of Whyte Ave on 109 street is a peculiar building that sits across from the golden arches of McDonalds. Between stucco and stone walls sits a blue door and most times of the day, that door is wide open with a line spilling out onto the sidewalk. Edmontonians have picked up what Farrow has to offer.

"We have a ton of repeat customers. Most of the time people come in and they will come in again and again and again. We

don't really have any one offs, other than someone who will come on a Saturday once and think it's too crazy," says Benson

Cherkewick runs the sandwich side that features the staple Grick Middle sandwich, loaded with a fried egg, bacon, cheddar and arugula.

• We're so into what's going on in the cooking world, anything new comes out, new cookbook, new show on Netflix, we're watching it.

"For the Grick Middle, when we started this one of our biggest pet peeves is Mcdoanlds cutting their breakfast off so early, so if we're going to do this we're going to have a breakfast sandwich that goes all day," says Cherkewick

The Grick is the only sandwich that's permanently on the menu, while the other sandwiches are

in constant rotation. Cherkewick and Benson are constantly experimenting with different recipes, creating sandwiches that range from meat-loaded monstrosities with any combination of roast beef, ham, bologna, or pulled pork; to vegan delights (which are always an option) with fried cauliflower, pumpkin or eggplant. Whatever the creation, it's always guaranteed to have a pun-laden name from "Bologna Island" to "Butch Cassidy and the Sundried Kid."

"We're so into what's going on in the cooking world, anything new comes out, new cookbook, new show on Netflix, we're watching it or talking about it and for us to go to work and make it into a sandwich," says Benson.

While Cherkewick takes care of business on the sandwich side, you can find Benson commanding the coffee front that features pre-brewed coffee as well as the uncommon pourover option. Pourover coffee involves patience as you pour boiling water over freshly ground coffee beans and wait for your coffee to slowly drip. Though Edmontonians are

prone to wanting their coffee fast, the pour over method is a longer process, which yields a coffee with a more complex flavor.

Just like their sandwiches Farrow elects to rotate through their coffee, roasters such as Flat Track from Austin and Panama from Seattle provide farrow with new blends to keep coffee lovers coming back. If you elect to try out their "slow" pourover coffee, make sure to avoid milk.

• It's almost our charm, sometimes you come in and can't even talk to your friend because we have black metal blaring.

"We tailor our fast coffee for people who want to put milk in their coffee so it's a little more milk chocolate-y. Most of our pour overs are quite fruity or quite acidic, so the milk is just going to cancel that out entirely. So it's more expensive, an extra four minutes, and you're not

going to get much more out of it," says Benson.

Farrow also hosts a coffee club which now boasts around 40 members. Farrow's coffee club works with high-end roasters to give members a different bag of coffee every month.

"It's like a subscription. We just worked with Cut Coffee from Toronto; they gave us a really nice, naturally processed Ethiopian. Which was like blueberry muffin," Benson says.

Though Farrow boasts impressive sandwiches and coffees, a lot of the cafes appeal to the community can be attributed to the environment that the staff creates. Whenever you walk into the bedroom sized café, you can be sure to see smiling staff bantering back and forth, and music ranging from Slayer to R. Kelly. Cherkewick attributes the fun atmosphere for the success of the business.

"It's almost our charm, sometimes you come in and can't even talk to your friend because we have black metal blaring. We're having fun and it goes onto the customers. A lot of the time people just sit there and watch us make fun of each other."

JUSTIN BENSON
FARROW CO-OWNER

JUSTIN BENSON
FARROW CO-OWNER

Saul Williams is bringing his poetic revolution to Edmonton



SUPPLIED

MUSIC PREVIEW

Saul Williams

WITH K-OS
WHEN Friday December 11th 7:00 p.m.
WHERE Union Hall (6240 99 street)
HOW MUCH \$25 (unionevents.com)

Shaylee Foord
ARTS & CULTURE WRITER

Saul Williams isn't waiting for a revolution, because the revolution's already happening.

"I think revolutionaries need to be fed," Williams says instead, recounting the story of a woman he once met who takes food to protesters, and the families of victims of police brutality.

"That's sort of the same thing that I'm trying to do with my poetry — just making sure that those of us who are in some way invested in that rebellious energy, who are a part of or believe in the need for resistance are fed."

In Saul's case, that feeding takes many shapes. From movies, to books of poetry, to hip hop, it seems like he does it all, and all well. Most recently, it comes in the shape of *MartyrLoserKing*.

MartyrLoserKing is both the title of his upcoming album, and the name of it's protagonist, a hacker living in Burundi. None of this is required knowledge before consuming the album, though.

"You can leave the house in your flip-flops, you don't need shit" he says. "Everything will come in due time."

The choice to make *MartyrLoserKing* a hacker seemed natural, in an age of Twitter, WikiLeaks, and Chelsea Manning.

"Some of the most exciting moments in recent times have come as a result of the technology we have access to now, whether that's filming police or releasing government files ... It just made sense for this character to be a hacker, and to be based where he is."

Williams goes on to explain that Burundi — a country in central Africa — is the place where most of

the raw materials for our phones and laptops. This is something we don't often consider about the devices we use every day.

Combining the technology of our times with the sounds and inspiration he's picked up traveling the world seems almost like an impossible feat, in a time when the global narrative offered to us is often one of fear and opposition.

"The role of everyone is basically to just do the thing you do well and point it in the direction of overcoming those obstacles," Saul says.

According to Saul, there's no doubt that art is something which unifies people and facilitates human connection.

"I'm just using all the tools that everybody else has access to ... I'm someone who really truly believes in the power of art as a way of connecting to people wirelessly way before our excitement about our ability to do it with our phones," he says. "It's real simple what I'm doing. It's no different than what a million others have done before me. I'm just writing songs and poems that correspond with the times."

Alyssa Reid strips down for her new album



Kim Stone

ARTS & CULTURE WRITER

With a new unplugged album, Edmonton-born Alyssa Reid steps away the radio pop hits such as ‘Alone Again’ that originally made her famous. *Phoenix*, Reid’s third album, is stripped down, emotional, and reveals a new side to the pop star.

“I just really wanted to release an album that focuses very specifically on the music, that isn’t about big pop production, that’s just about beautiful lyrics connecting with people” Reid explains. Reid is an accomplished songwriter, and her lyrics are showcased brilliantly behind the album’s raw and simple instrumentation to create emotionally intense songs,

something that you may not suspect from the surprising way the album was recorded. “All of my vocals were recorded in somebody’s closet,” Reid laughs. “We were doing the record in a home studio, and honestly it sounds the exact same as an isolation booth, except it’s someone’s closet so with their clothes.” It almost seems fitting that such

emotional vocals were recorded in a closet. Reid’s voice is heart wrenching, and the lyrics themselves show a vulnerability that goes well with an unplugged album. “It’s almost like reading a diary,” Reid says. “Every single song tells a story.” Many of the songs’ lyrics read like they could have been ripped directly from the pages of the singer’s own diary, featuring private stories of dreams, struggle and heartbreak. The emotional title track is about finding strength following an unhealthy relationship, but the theme that a phoenix represents has even more significance for Reid. “I liked the idea of calling the album *Phoenix*, as it also can represent my journey throughout my musical career, and life, and becoming a woman, and just a lot of transitional periods in my life, and getting through those and becoming stronger because of them,” she says. The album is mainly backed by beautiful piano melodies; however, the songs “Suffocating” and “Can’t Keep Waiting” are made exceptionally haunting and emotional with cello instrumentation. They are the kind of songs that remind you of your own heartbreak. While the album is unplugged,

the songs on *Phoenix* still have a pop tempo, and the stripped down music allows the powerful vocals to shine through. The songs would likely sound even more powerful performed live, something Reid hopes she is able to do in the future. “I would love to do raw, intimate, very unplugged shows,” she says. “It starts with just a piano and I, and as the show builds more instruments are introduced to the song and by the end of the set it’s that full pop production that everyone normally expects,” Reid explains, comparing the building of the live show to her song ‘Tomorrow.’ ‘Tomorrow’ and ‘Dangerous’ both fit more with the singer’s traditional pop sound than the rest of the album, but they do not distract from the emotion of the other songs, and being placed at the end, do not seem to be the focus of the album. *Phoenix* breaks away from the previous sound that Reid had created with her past two albums, but she hopes to do more than just change her sound with the her new record. “I really hope it connects with people,” she says. “I really love being able to connect with people on a deeper level than just throwing out a catchy song for radio.”

ALBUM REVIEW



Tennyson *Like What EP*

soundcloud.com/tennysonmusic

Kieran Chrysler

MANAGING EDITOR • @CHRYSLERRR

Edmonton sibling duo Tennyson is back with their signature, ambient sound with their latest EP *Like What*. Based on who you’re

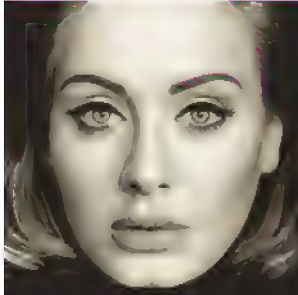
talking to, their tracks can either be described as hipster elevator music or jazzy EDM, but there’s no denying that they’re in their own

musical bubble in the Edmonton scene. Their uncommon sound got them noticed and signed by fellow Canadian electronic artist Ryan Hemsworth’s indie label Secret Songs, and they supported him on his 2014 tour. Clearly, they are making waves for themselves on the national scale. This time, Tennyson is back with new beats, sounds and tones to take the listener out of their world and into the complex soundscape they’ve created. Both siblings are trained jazz musicians, and their whimsical

take on the genre really shines through in “L’oiseau qui danse.” The most fast paced track on the album is like an updated jazz club. The frantic nature of the song shows the huge amount of talent Tennyson holds, there’s so much going on but it still manages to keep the chill nature of the album going. Perhaps the most endearing facet of the EP is the use of real-world noises to take you through the chill soundscape. “7 a.m.” opens with an alarm noise, and the track mimics

someone pouring themselves out of bed in the morning to start their day. “Like What” uses a dial tone that so flawlessly blends with the track, you can’t tell if it’s your actual phone or the song that is off the hook. It’s great to have another promising electronic group spicing up the Edmonton music scene with a sound that can’t be found anywhere else. *Like What* cements the duo even further as an electronic staple in the community.

ALBUM REVIEW



Adele *25*

XL
adele.com

Jessica Jack

ARTS & CULTURE WRITER

21 was a showstopper. From multiple singles to astounding numbers on the Billboard charts, it appeared that this album would be the highlight of Adele’s career. However, after a

pregnancy and a four-year hiatus from the music scene, Adele announced the release of her new record, 25, picking up from exactly where she left off.

“Hello”, the first single from 25, has taken the Internet by storm. Everywhere you look, people are singing it, dancing to it, or parodying it. Many songs that take off this swiftly quickly die down because they aren’t that great; they are a short-lived phenomenon. However, the difference with Adele is that she is insanely talented, and “Hello” is absolutely incredible. 25 is full of such emotion that every listener can connect to it to some degree. The lyrics are what make the songs what they are; they are clever, well timed, and relatable. “Hello

from the other side/I must’ve called a thousand times/to tell you I’m sorry.” No wonder studies suggest that people have been more inclined to get in touch with their exes after this came out. Kleenex sales have presumably tripled due to the lyrics alone. Adele experiments with new tones (“Water Under the Bridge” with an electronic sound, accompanied by many electric guitars), a wide assortment of instruments (“Love in the Dark” with violin, piano, and vocal layering), and a matured take on life (she still has songs that are angsty about ex boyfriends, but she

acknowledges her past decisions as well). Certain songs, like “Million Years Ago” and “Remedy”, focus heavily on one instrument (isolating the piano or the guitar), to create a lyrical connection with fans, whereas other songs like “Send My Love (To Your New Lover)” and “Sweetest Devotion” have upbeat tempos that are easy to sing along to. Adele reminds us of our past, acknowledges the present, and encourages strength within our future. A lot can happen in 4 years, and this album certainly proves it. She has created, yet again, another masterpiece.



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Doin' you: Christmas cookies in a jar

Raylene Lung
ARTS & CULTURE WRITER

Struggling with gift ideas? Have no idea what to get your adorable old lady neighbour for Christmas? Fear not! If you're like me and gift-giving isn't your specialty, look no further for a solution. This DIY gift in a jar requires minimal effort and maximum thoughtfulness, and nothing screams "the holidays" more than homemade cookies. It's the perfect gift for people who love to bake or of course eat cookies over Christmas without having to worry about putting the effort in to prepare them. This gift gets most of the preparation process done for the person receiving it so you basically become the hero to every cookie craver out there.

1. Find a Killer Cookie Recipe

The one we provide is stellar, but feel free to use your creative liberty.

Recipe:
1 1/3 cup all purpose flour, spooned into measuring cup & leveled
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup cooking oats
3/4 cup red and green m&ms (because Christmas you stupid idiot)
3/4 cup semi-sweet chocolate chips
1/2 cup brown sugar, packed
1/2 cup white sugar

2. Prepare Your Supplies

Since this is a gift in a jar, you will definitely need a jar. A Wide Mouth Mason Jar or a Regular Mason Jar will work to hold all the ingredients. To decorate the jar and make it hella festive, you will also need:

- Tissue paper or a piece of Christmas-y fabric
- Holiday-themed ribbon or string
- Cardstock/thick paper or a label
- A hole-puncher
- A pen
- All the ingredients for a cookie recipe (duh)

3. Get Layered

Collect all the ingredients for the mix. They look pretty sweet when they're layered in the jar so to level up the look, do just that. Mix the flour, baking powder, baking soda and salt to make the bottom layer. Pour it into the jar and follow with the layer of oats. Next, pour the Christmas M&M's layer, followed by the glory that is the chocolate chips layer. Lastly, top the jar off with the two layers of sugar. Boom, you now have the most epic stratification in a glass container.

4. Put Your Decorating Skills to the Test

Now it's time to spiffy that jar up

and put everyone in the holiday spirit. Put the lid on the jar and cover it with your choice of tissue paper or fabric (i.e. You have no choice, it must be Christmas or holiday themed). Write the wet ingredients to be added and simple recipe instructions on a small piece of paper for the label, in the fanciest cursive you can muster:

Preheat oven to 350 degrees Fahrenheit
Stir dry ingredients in a large bowl
Add 1/2 cup of slightly melted butter, 1 egg, 1 tsp vanilla extract
Combine thoroughly
Roll in 1 1/2 inch balls and bake for 10 minutes
After punching a hole through the paper, slide the string or ribbon through it. You can also write the recipe on a sticky label and slap it on the side of the jar. Tie the piece of festive string or ribbon around the lid to keep the fabric/paper in place. You may decorate the jar further if your heart desires.

5. The Gift That Keeps on Giving

There you have it — the easiest way to give a Christmas gift that anyone can surely appreciate. The recipe provided makes a solid batch of about two dozen cookies so your gift receiver is good on cookie supply for a good chunk of time over the holidays. Plus, everyone loves a thoughtful, homemade gift from their loved one, and who doesn't love cookies?!

TOP 5

Best films to watch during the holidays

Jessica Jack
ARTS & CULTURE WRITER

It's the most wonderful time of the year — exams will be wrapping up, winter break is on its way, and holiday celebrations are just beginning. The best way to get in the mood for the holiday season is through Christmas movies. So, ladies and gents, prepare your fireplaces, make some hot chocolate (maybe with some Baileys), and grab your coziest onesie to watch our list of top five Christmas movies.

5. National Lampoon's Christmas Vacation (1989):

We start our top five out with this John Hughes film. Who can resist the dysfunction of the Griswold family? The film follows the Griswold family's chaotic experiences leading up to Christmas day. From the Christmas tree lighting on fire

to getting trapped inside the attic, this film makes viewers realize that maybe their Christmas horror stories aren't so bad after all.

4. A Christmas Carol (1951):

There can't be a top five Christmas movie list without *A Christmas Carol* on it. Based on the Charles Dickens classic, Ebenezer Scrooge is a money hungry man whose selfish ways are put into perspective. Visited by three ghosts, The Ghosts of Christmas past, present, and future, Scrooge is shown how his ways have affected those around him, and how vital it is for him to change before it's too late. You can't have Christmas without *A Christmas Carol*. You don't want to be a scrooge, now do you?

3. Elf (2003):

"The best way to spread Christ-

mas cheer is singing loud for all to hear"; watching *Elf* will also do the trick. Buddy the Elf (what's your favourite colour?) discovers, after being raised by elves that he is in fact a human. He goes on a journey to New York City to find his biological Father, and in turn gives many people a lesson on the importance of being kind. This highly quotable movie is perfect for the whole family and never gets old. Just don't get any ideas and start accusing the department store Santa of being a fraud.

2. Home Alone (1990):

This movie sets the bar for all other Christmas movies. Kevin McCallister, being left home alone by accident as his entire family jets off to Paris, is forced to defend his house when burglars attempt to break in. Kids have the greatest imaginations, which in turn assists

Kevin in coming up with the most inventive ways to stop the burglars in their tracks. Who could forget the scene with the tarantula? Make sure to watch it this Christmas season, you filthy animal.

1. It's a Wonderful Life (1946):

Be sure to grab your tissues for this one, folks. Topping our list is a classic story of a family down on their luck. It puts life into perspective and highlights what is really important. James Stewart stars as a family man whose dreams have been broken, leading him to wish he were never born. Through the help of a guardian angel, he is able to see what life would be like without him and realize his impact on the world. He learns to appreciate what he has and have a completely new outlook on life. This is the perfect heartwarming film for the holiday season.

Sports

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Volunteer
Sports meetings every Wednesday at 3pm in SUB 3-04



SKIERS JUST WANNA HAVE FUN The U of A Ski Club brings a fun-loving atmosphere on their trips.

SUPPLIED

U of A Ski Club brings fun loving atmosphere to campus

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

Above everything else, the University of Alberta Ski Club wants you to have fun.

That's the main goal of club president Robyn Paches, who has set out to create an inclusive environment whether you're a new or seasoned member. Paches has been involved with the club since his first year of university and said he chose them because of their welcoming attitude.

"I was at clubs fair, walking down the aisles like everyone else, and the ski club just stood out to me," Paches said.

"They were just all really friendly people. I think that's what drew me to it in the first place."

Paches decided that he wanted to get more involved in helping run the club's ski trips. Two members of the ski club and two representatives from the travel company that organize the trip are called upon to make sure that guests are having a good experience: from the initial bus ride, to the stay at the hotel, and on the returning bus ride.

Paches said that the leadership aspect appealed to him the most.

"I wanted to be that guy on the

mic, getting everyone excited," Paches said.

Eventually, Paches made the executive team, and now, as president, he wants to make the club the best it can be. This year, the club hired a specific position for marketing, something they hadn't focused as much on in the past. They also want to improve attendance at their bar events.

"I wanted to be that guy on the mic, getting everyone excited."

ROBYN PACHES
PRESIDENT, U OF A SKI CLUB

The improvement that Paches highlighted the most however, was one that sees the club reaching out to more international students.

"Exchange students especially, are only a year or six months, and when you're in Alberta, one of the big things to see is the rocky mountains, and we offer a cheap way to do that," Paches said.

The plan seems to be working so far, as the club's first trip, which happened over the weekend of Nov. 20-22, had 50 per cent of its guests hailing from outside of Canada.

"It was cool. They rode hard, they partied hard, but they were respectful, everyone was there to have a good time and meet people," Paches said.

There are people that attend these trips from different reasons: some are there simply for the skiing, and some are there simply to party. Paches said that while people are free to have a good time, it's important that they remain respectful.

"The big balance we have to strike is that there are people that are there for the skiing, and then there are people that are there for the party as well," Paches said.

"We don't want any kind of pressure on people to behave in a certain way. We want people to come on the trips, enjoy it, and get the best experience possible depending on what they want to get out of it."

The club runs four major trips in total during the school year, with each having its own unique set of characteristics.

Their "Movember" trip ran two weekends ago, and is a smaller and more intimate, with the focus on most members getting to know each other. This year, the club went to Marmot Basin.

Both their New Years and winter

reading week trips are more high energy, with the New Years trip being the biggest one the club runs. Paches mentioned that this one tends to attract large groups, making it a good choice for anyone looking for a skiing holiday with their friends.

"The big balance we have to strike is that there are people that are there for the skiing, and then there are people that are there for the party as well."

ROBYN PACHES
PRESIDENT, U OF A SKI CLUB

The winter reading week trip, while slightly smaller, is usually very heavily focused on a theme, and often, the two busses will be pitted against each other in friendly competitions based around the theme of the trip. Last year's theme was "wizards vs. rock stars."

Finally, the club's final trip of the year, Spring Shaker, is what Paches called the most intimate of all. It's always organized at a resort with on-hill accommodations, with

groups getting their own suites on the hill.

"Spring Shaker is all about the die-hards, the ones that come on every single trip, and love the ski club, and love our atmosphere," Paches said.

While club regulars frequent Spring Shaker, Paches said that it's still very accessible for newcomers.

"Even if you're not a regular, you're still going to be going on this trip with a good group of people," Paches said.

Of all the trips the club takes, it's the New Years one that is the most special for Paches, as it was that trip that sold him on becoming a member of the club.

"I was absolutely blown away by the scale of it, all these people in one place that love skiing just as much as I do," Paches said. "I went solo on my first trip, and got put in a room with random people. I'm friends with them to this day."

The club's next trip will be their New Years trip, which will take four busses of participants to Apex ski resort near Penticton, from Dec. 30 on Jan. 2. For anyone looking to get involved in the club, this will be their next chance to get the full Ski Club experience that got Paches hooked for good.



SUPPLIED KYLE PEARCE

U of A swimmers bring home hardware

Zach Borutski
SPORTS EDITOR ■ @ZACHSPRETTYCOOL

The Golden Bears and Pandas swimming team are coming home from Canada West Championships with some hardware

Alberta finished with a total of 14 medals for the weekend, collecting nine gold, one silver, and four bronze medals, equalling their total from last year.

Overall, both the Bears and Pandas teams finished third in points, with the Pandas collecting 407, and the Bears finishing with 607.5. UBC ended up winning both the men's and women's events.

Head coach Colleen Marchese was happy with how both the Bears and Pandas performed at the event, citing many swimmers who were new qualifiers for the CIS championships, and many swimmers who set personal best times.

"We have less depth, so we wanted to come in, even with fewer swimmers, and make an impact, and I think we really have," Marchese said.

Two Bears swimmers set team records over the course of the event. Josiah Binnema set the team record in the 100-metre butterfly event, while Nick Kostiuk followed suit, breaking the team record in the 100-metre breaststroke.

Kostiuk and Joe Byram were big

winners in the medals category, taking home four golds apiece, three individual, and one from the 4X100 metre medley relay. Byram also earned a silver in the 4X100 metre freestyle relay, giving him a total of five medals for the event.

These were positive results for both teams, but the Bears and Pandas are headed in opposite directions in terms of their development.

■ **“We have less depth, so we wanted come in, even with fewer swimmers, and make an impact, and I think we really have.”**

COLLEEN MARCHESE
BEARS AND PANDAS SWIMMING COACH

The Bears are a more established team, team, with fifth year swimmers Joe Byram and Tom Krywitsky leading the way. Both were members of the Bears 4X100 metre medley relay team that won the team's first gold medal in 18 years at the CIS championships earlier this year. Marchese acknowledged that the Bears will be in a bit of a rebuilding period for next year.

"Our men are going to be looking to develop themselves in the next few years to take over those big shoes

that they have to fill," she said.

The Pandas, on the other hand, are in that rebuilding phase now, with only a solitary fifth year swimmer graduating this year. Their influx of talent is arriving next year, headlined by blue chip prospect Georgia Kidd.

"Our women's team is in a rebuilding phase, and when I look towards the recruits we have for next year, it's exciting, because I can see that we're just getting better," explained Marchese.

"It's always cyclical. You're going to have the years when everyone's there, and then you're going to have the years where you're going to have to step back and rebuild."

The next major meet on the calendar is the CIS championships, which take place in February. Marchese is looking for the Bears and Pandas to build off their momentum from their strong showings at the Canada West championships.

"Now what we do is get back in the pool. We keep training, we keep working on their technique, because that's what ultimately is going to lead to the improvement," Marchese said.

Both the Bears and Pandas will get now get back in the pool for a couple months of fine tuning before getting a chance to showcase their skills on the national stage at the CIS championships.



SLEDGE HOCKEY FOR STUDENTS U of A students had an opportunity to learn the finer points of sledge hockey last weekend. **JAMIE SARKONAK**

Coaches offer sledge hockey clinic to U of A

Jamie Sarkonak
STAFF REPORTER ■ @SWAGONAK

The University of Alberta is a world-wide leader in promoting adaptive sports and physical activity.

That expertise was brought to the University of Alberta last week when local sledge hockey coaches Kyle Thompson and Ross Norton spent the afternoon in Clare Drake arena with students who wanted to learn the sport. The session has been offered once before in the past and will likely be offered in future semesters as well.

The two-hour session ran players through drills and were even taught how to hit. The session ended with a skirmish at the end, where players applied their new skills. The idea of offering adapted sport sessions through Campus and Community Recreation is to give students from all faculties the opportunity to participate. Otherwise, only students from PERLS would be able to try the sports through their classes, Norton said.

Norton is a two-time Paralympic gold medalist for Team Canada in wheelchair basketball and now coaches the Women's U25 National

Wheelchair Basketball Team. Norton also participates and coaches other adapted sports and said that it's beneficial to try different sports because they work with different muscle groups.

"I love that there were four people (on Friday) who came out and tried the sport who have never tried hockey," Norton said.

Player development in sledge happens in more areas than performance. Individuals who stick with the sport improve their communication and physical literacy. Sledge hockey helps people become well-rounded adults, Norton said.

Understanding the adapted sport gives the individual a greater appreciation for the sport as a whole. Disabled persons also receive the benefit of learning about their disabilities or injuries with others of similar backgrounds, Norton said.

Kyle Thompson, who graduated from the University of Alberta in 2010 and currently coaches Edmonton's women's sledging hockey team, assisted with Friday's session. Thompson is an avid member of the athletic community, playing as many adapted sports for as much time possible.


"Two hours of free ice time?" Thompson said. "Count me in."

Thompson has played sledge hockey on Team Alberta, and is currently playing for Edmonton's senior league. Edmonton is one of the best cities for sledge — numerous leagues allow players of varying experience levels to find a team that really fits their needs, which in turn strengthens the national teams. The National Women's even has three players from Edmonton on its roster. For those who have never tried it before, Thompson's advice is simply to not be scared and try it out.

"It's a lot more fun than you'd think," he said.


What's fun about sledge hockey is the lower intimidation factor than the high-pressure stand-up game. Even the risk of falling is lower in sledge, as players can only fall a few inches. Sledge also has numerous skill sets that are applied on ice, allowing for diversity in players. Most of all, both able-bodied and disabled people can play with the same level of ability, Norton said.

"It's always great to have people that can compete in the same sport, able-bodied and with disabled" Norton said.




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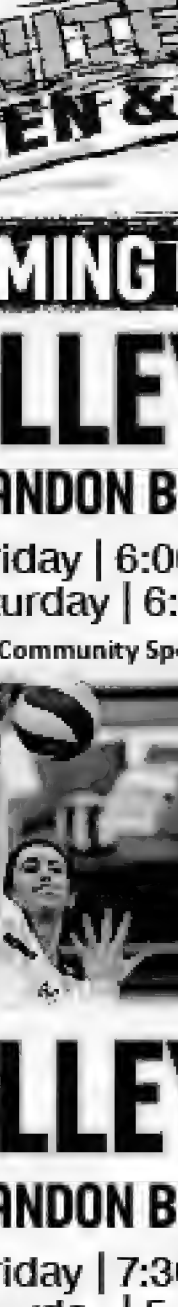
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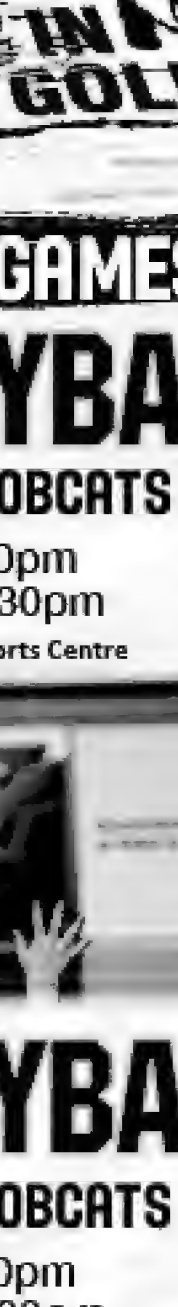


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Varsity sports roundup

bears hockey



10 - 1

4 - 1



It was another successful weekend for the Bears hockey team, as they swept away the Lethbridge Pronghorns to extend their winning streak to six games.

The green and gold dispatched the 'Horns with ease on Friday night, riding a five goal first period to a 10-1 win. Rhett Rachinski and Levko Koper both lit the lamp twice, while Jordan Rowley and Brett Ferguson both tallied three assists in the victory.

The Bears weren't able to score 10 on Saturday night, but they still recorded a decisive 4-1 win. Jamie Crooks scored twice for the home side, while Kruiise Reddick tallied a goal and an assist to help the Bears finish 2015 with a win.

The Bears now only sit one point behind the Saskatchewan Huskies for top spot in Canada West, and will open their 2016 schedule on Jan. 8 and 9 against the Manitoba Bisons. — Zach Borutski

pandas hockey



3 - 0

1 - 2



Unlike the Bears, the Pandas couldn't escape their weekend series with the Pronghorns undefeated, as they split their final games of 2015, winning 3-0 on Friday night, but losing 2-1 on Saturday afternoon.

On Friday, the Pandas got the win behind a third straight shutout from Lindsay Post, and a two goal performance from Ashley Morin. It was the eighth time the Pronghorns had been shutout so far this season.

The Pronghorns were able to get back in the win column on Saturday however, buoyed by the strong play of first-year goalie Alicia Anderson, who stopped 31 of the 32 shots she faced. Lauren Friedrich scored the eventual winner with just over three minutes left in the third. Despite the loss, the Pandas still remain tied for first place in Canada West with the Manitoba Bisons, and will open the second half against those very same Bisons on Jan. 8 and 9. — Zach Borutski

bears basketball



84 - 65

66 - 63



It was a successful weekend for Bears basketball, as they won both of their games against the Regina Cougars, pulling themselves back to the .500 mark in the process. It was the Mamadou Gueye show all weekend for the Bears, as the third-year forward put up a team high 22 points on Friday night, as the Bears pulled away in the second quarter, outscoring the Cougars 22-11. The final score would end up being 84-65 in the Bears' favour. Brody Clarke had a solid game as well for the Bears, contributing with 15 points and nine rebounds. Alex Igual led the Cougars in scoring with 15 points of his own in a losing effort.

Gueye upped his game even further on Saturday night, pouring in a career and game high 35 points, as well as nine rebounds in a 66-63 win. No other Bears player scored more than eight points, and Gueye had over half of his team's points in the win. Aaron McGowan lead the Cougars in scoring, putting up 22 points, while also grabbing eight boards in the loss.

With the two wins, the Bears now sit at 4-4 on the season, and will play a single game against the Calgary Dinos this upcoming weekend to finish up the first half of the season. — Zach Borutski



FIRST HALF SURGE Despite their loss this past weekend, the Pandas have posted a 7-1 record so far this season.

JOSHUA STORIE

Hoop Pandas suffer first loss of season

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

It took the Pandas basketball team over three weeks to lose their first conference game of the season as the Regina Cougars were able to halt the Pandas seven-game winning streak on Friday night.

The Cougars took it to the Pandas on that Friday, controlling the majority of the game en route to a 71-50 win.

Head coach Scott Edwards said that his team's execution simply wasn't there during the loss.

"We just didn't shoot the ball well," Edwards said. "We had more shots, just as many offensive rebounds, we didn't have a lot of turnovers, and we had just as many free throws, but our shooting percentage was so low that we could never really get any traction in the game."

In Friday's loss, two of the Pandas starting guards, Megan Wickstrom and Maddie Rogers, went a combined three of 27 from the field, and scored just nine points combined. It was an uncharacteristically poor shooting performance from a team that is currently fourth in Canada West in field goal percentage, at 40.7 per cent.

Jessilyn Fairbanks led the Pandas was the top scorer for the Pandas in

a losing cause, pouring in 19 points. No other Pandas player finished in double figures.

On the Cougars' side of the ball, Charlotte Kot led the way, recording a double-double, with 24 points and 14 rebounds.

"We've been the same team night in and night out, and (the players) really compete for each other."

SCOTT EDWARDS
PANDAS BASKETBALL COACH

The Pandas were much better on Saturday night however, riding a strong first quarter performance to a 70-63 win.

Edwards was pleased with how the Pandas responded on Saturday.

"I think we came out both mentally and physically tougher," Edwards said.

"(The players) did a really nice job of leaving Friday night alone, and getting back at it on Saturday. It was fun to watch."

Fairbanks was at it again on Saturday, scoring 23 points to lead the Pandas, while also pulling in seven rebounds. Megan Wickstrom

bounced back from her poor performance on Friday night to chip in with 17 points and six rebounds. Kot once again led the Cougars with 16 points in a losing effort.

The Pandas now face a solitary showdown with their inter-province rivals the Calgary Dinos before their winter break. Going into that game, the Pandas sport a 7-1 record, and sit in a tie for second place in the Prairie division with the Dinos. Both teams sit one game back of the Saskatchewan Huskies, who have yet to lose this year, posting a perfect 8-0 mark.

Edwards credited his team's consistency for their stellar first half.

"We've been the same team night in and night out, and (the players) really compete for each other," Edwards said.

Despite their success in the first half, Edwards said there's always room for improvement, especially on the offensive end. He spoke about finding more offence from the team's forwards, as all three of the Pandas current leading scorers are guards.

The Pandas will have one last matchup against the Dinos on Dec. 5, and then will go on their winter break. They will return to action on Jan. 5 and 6 with a pair of games against the University of Victoria Vikes.



JOSHUA STORIE

TOP 5

Memorable moments from Kobe's career

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

Kobe Bryant has seen his fair share of great moments in the NBA. On the heels of him announcing that this season will indeed be his last, here are five of the best moments from his incredible basketball career.

5. The "Redeem" team: It seems strange to think of a basketball powerhouse like the United States struggling on the world stage, but their 2004 Olympic performance was nowhere near the standard of excellence the country was used to seeing at the Olympics.

After suffering their largest ever international loss in the form of a 92-73 blowout against Puerto Rico, their gold medal hopes were dashed with a semifinal loss against Argentina. While they still won a bronze medal, it was considered a massive disappointment.

Bryant was named captain of the 2008 Olympic team, dubbed the "Redeem Team" by many who hoped that this team would lead the U.S. back to the top of the podium.

After going 5-0 in the preliminary round, the U.S. exercised their demons, and went on to beat Spain 118-107 in the gold medal game. Bryant would score 20 points in that game, including hitting a clutch three-pointer after being fouled to put the game out of Spain's reach. The shushing motion Bryant made after hitting the shot is one of the most iconic of his career.

4. Scoring 50 points in four straight games: When you're as good as Kobe Bryant is, there are some days where you just decide

that nobody can stop you, no matter what they do.

From March 16 to 23, 2007, Bryant scored over 50 points in four consecutive games, starting the streak with a 65 point performance in a 116-111 overtime win against the Portland Trailblazers. The most impressive thing about this streak is that Bryant was doing this scoring in clutch situations — all of these games were decided by less than 10 points.

Bryant scored 60 points against the Minnesota Timberwolves in the third game of the streak, which turned out to be a nail biting, 121-119 win for his Lakers.

His streak was snapped March 25 when the Golden State Warriors "held" him to only 43 points in what was probably their best defensive performance in franchise history.

3. His first All-Star game: Among the many distinctions and records Bryant holds in his career, his first All-Star game start may be one of the most impressive.

Despite not even being a starter that season, Bryant was still voted in by the fans, and at 19 years of age, became the youngest player to ever start an NBA All-Star game, and the only teenager to ever accomplish the feat.

The 1998 All-Star game also marks the only time that Bryant and Michael Jordan faced off when Jordan was wearing a Bulls uniform. Bryant scored a team high 18 points for the Western Conference All-Stars, while Jordan collected MVP honours by pouring in 23 points, all while he was sick with the flu. It was a reminder of how great Jordan was, and how great

Bryant would become.

2. 2007-08 MVP season: Despite being widely considered one of the greatest players of all time, Bryant has only won the NBA MVP once: in the 2007-2008 season.

He averaged 28.3 points per game while playing in all 82 games, and despite supposedly demanding a trade before the season started, he still led the Lakers all the way to the NBA finals, before they eventually lost to the Boston Celtics.

Bryant also played the last quarter of the season with a severe finger injury that would normally have required surgery, although he refused it until after the season.

Bryant received 82 per cent of first place votes in the MVP race, and easily captured the first and only MVP of his career.

1. 81 points against the Raptors: In what will probably go down as one of the best single game performances of all time, aside from Wilt Chamberlain's 100-point game, Bryant decided to make the Toronto Raptors look like a recreation league team on the night of Jan. 22, 2006.

While 81 points is more than impressive on its own, the majority of Bryant's scoring came in the second half, when his Lakers actually trailed 71-53 at the half. Bryant would absolutely torch the Raptors for 55 points in the second half, singlehandedly willing his team to a 122-104 win. Bryant outscored his next highest scoring teammate by 68 points. If that doesn't tell you all you all you need to know about this game and how great it was, then nothing will.

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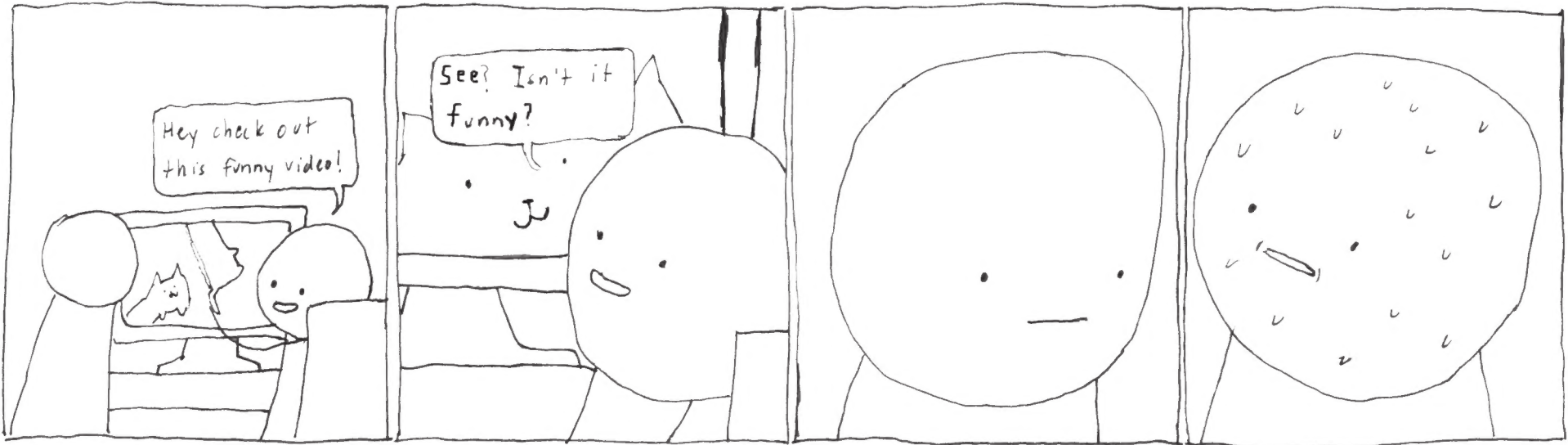
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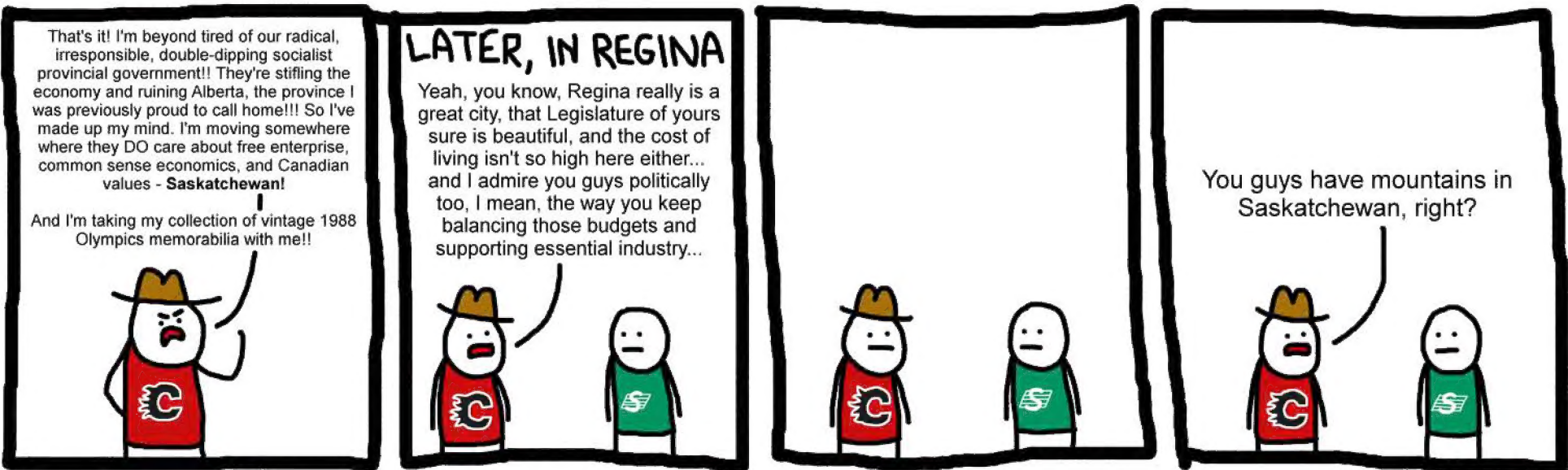
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